

Collected Writings of Laurie A. Monroe

A collection of articles that Laurie Monroe wrote
for the TMI Focus between 1995 and 2006.

Table of Contents

| | |
|---|----|
| A Loving Overview (<i>Fall 1995</i>) | 4 |
| Listen to the Silence (<i>Winter 1996</i>)..... | 6 |
| A Celebration for Robert a Monroe (<i>Spring 1996</i>) | 7 |
| My Father’s Legacy (<i>Spring 1996</i>) | 8 |
| Coming from the Heart (<i>Summer 1996</i>)..... | 10 |
| Inside Information (<i>Fall 1996</i>) | 12 |
| Change... Growth ... And So Much More (<i>Winter 1997</i>) | 14 |
| Communications Here and Beyond (<i>Spring 1997</i>) | 16 |
| Nancy Penn Monroe, Co-Founder (<i>Summer 1997</i>) | 18 |
| Living in Resonance (<i>Fall 1997</i>) | 20 |
| Making a Difference (<i>Winter 1998</i>) | 22 |
| A Global Perspective (<i>Spring 1998</i>) | 24 |
| Healing Hands (<i>Summer 1998</i>) | 26 |
| Building Bridges (<i>Fall 1998</i>)..... | 28 |
| Exploring Beyond Focus 27 (<i>Winter 1999</i>)..... | 30 |
| Finding the Way Home (<i>Spring 1999</i>)..... | 32 |
| The Spirit’s Journey—There to Here (<i>Summer 1999</i>) | 34 |
| Gems of The Next Generation (<i>Fall 1999</i>) | 36 |
| The Most Important Day (<i>Winter 2000</i>) | 38 |
| Cocreating a Sustainable Future (<i>Spring 2000</i>)..... | 40 |
| The M Field: Limitless Potential (<i>Summer 2000</i>) | 42 |
| Courageous Teens Voyage Through Time (<i>Fall 2000</i>) | 44 |
| A Premonition of Unity (<i>Winter 2001</i>) | 46 |
| Breathing into Wholeness (<i>Spring 2001</i>) | 48 |
| The Feeling is the Healing (<i>Summer 2001</i>) | 50 |
| An Open Letter to The TMI Family - September 11, 2001 (<i>Fall 2001</i>)..... | 53 |

| | |
|--|----|
| Transcending Negativity (<i>Fall 2001</i>) | 55 |
| Entering a New Cycle (<i>Winter 2002</i>)..... | 58 |
| The Adventure of Consciousness and the Spirituality of Being Human (<i>Spring/Summer 2002</i>) | 60 |
| A Time for Gratitude (<i>Fall 2002</i>)..... | 63 |
| Being in The Now (<i>Winter/Spring 2002</i>) | 65 |
| A New Chapter Opens (<i>Summer/Fall 2003</i>) | 67 |
| Love Is the Answer (<i>Summer/Fall 2003</i>) | 68 |
| “Can You Hear Me Now?” (<i>Summer/Fall 2004</i>)..... | 70 |
| A “Thank You” and a Request from Laurie (<i>Winter/Spring 2005</i>) | 74 |
| The Freedom Route - Robert A. Monroe with Laurie Monroe..... | 75 |
| (<i>Winter/Spring 2005</i>) | 75 |
| Spirituality in Business (<i>Summer/Fall 2005</i>) | 79 |
| A Celebration for Robert A. Monroe (<i>Spring, 1996</i>) | 82 |
| Communication Without Words (<i>Winter/Spring 2006</i>) | 83 |
| What If? (<i>Summer/Fall 2006</i>) | 85 |

“Through all of time, change is omnipresent, and it is the basic element of Universal law.”

A Loving Overview (Fall 1995)

by Laurie Monroe Chasick

As I walked through the woods, the mountains surrounded me and comforted me with their strength. The earth invited me to sit for a while and to listen to the gentle winds swirling through the statuesque trees whose branches reached out to me with an understanding hug. As I sat there in awe of this magnificent creation, thoughts of change entered my mind. Through all of time, change is omnipresent, and it is the basic element of Universal law.

Through transition of any kind there exists a constant—Change. One cannot ignore or deny change, for change is instrumental in our ever-evolving pattern of growth and self-discovery. With this acceptance a new awareness of self takes place and we are able to look at ourselves with a Different Overview, one of total love; hence infinite possibilities. We are truly more than physical matter and can perceive that which is greater than physical reality as we know it.

In the process of acceptance, one begins to remember small parts of the Whole that we are a part of—the eminence of One. To know that there is no separation, there are no limitations, and nothing is by chance is to know inner peace. To illustrate this, experience your innermost thoughts while listening to the silence; for it is in the silence that we will truly know the oneness that we are. To accept the truth of this oneness is to know that we are a magnificent expression of Love, which is life’s energy.

In this state of being, Love, we are receptive to that which we already have. We are able to demonstrate the totality that we are through our clarity of self by creating change that manifests our “knowing” to others. Through inspiration we are able to effectively model our spiritual journey, which in turn will serve to support others in their journey of self-discovery. For those of us who have attained this “knowing,” it is our responsibility to be it, demonstrate it, or plain and simple, just do it.

Through this transition, we recognize that a part of the universal plan is to facilitate and collectively raise the consciousness level of the planet. We have been given the tools to effectively create our own personal change. Our answers lie within ourselves, for we are the architects of our own life pattern. Through the exploration and expansion of human consciousness, we serve and support others whose spiritual journey is aligned with our own.

Our mission is to create a global web necessary to facilitate this positive change in humankind. Change brings growth. With growth there is wisdom, and in that wisdom, there is the “knowing” rather than the belief. This is another part of our mission: to turn beliefs into “knowns.” The ultimate journey’s imprint is within your spirit, your soul, and in that journey, you will remember, you will KNOW.

As I walked away from my quiet place in the woods, I had a sense of feeling complete and one with all that surrounds me. It was a peaceful feeling of knowing that my direction and path are just as they should be, and I look forward to celebrating the treasures of this life experience. As all is unfolding, the tribute becomes clear, and together we celebrate life to its fullest potential.

Listen to the Silence (*Winter 1996*)

What does it mean to listen to the Silence? It is basically a method of detaching from one's thoughts for a time to align with the Universal Consciousness and its infinite possibilities. Quieting the mind and listening to the Silence prepare us for the Gateway to unlimited thought and for awareness that we are a part of this Universal Consciousness.

When we go within to this place of Silence, we subtly become aware of the Universal Truth which we find is absolute, unchanging, and unlimited. We can perceive that which is beyond the physical, the place where thought is pure, and manifestation is instantaneous. We become aware that our thoughts transform our inner selves as well as our outer world. Thoughts are the combined energy of feeling and thinking. Therefore, the power of our thought becomes manifest in our world. The more we are aligned with this knowing, its source and nature, the better we are able to transform our own life and integrate this known into every level of our being.

Beyond the time of Silence, the spoken word emerges to translate the thoughts that are within the mind. The word itself has no power, but it carries the energy of the thought that it is expressing. Therefore, to effect change in our life, we must change the thoughts that the words represent. If we communicate through our highest good at all times, the words and thoughts will be aligned to our oneness and wholeness. We have the will to think within the Silence, and we have the choice to manifest those thoughts in our time and space. Through self-observation, we can determine the value of our thought patterns and the desirability of those thoughts which become manifest. In order to be successful in this evaluation, we must accept inspirations from the Higher Self and know the truth they hold. When we let go and trust the process, then the intention within the thought can only be from our Source.

Within our desire for our continuing growth lies the potential for fulfillment of purpose. When we become aware and know that we have no limitations, we have only choices to make. We will be able to manifest the thoughts we choose in order to demonstrate the nature of the Truth of our Being. Through the process of affirmative thought, we can direct the energy to transform our thoughts into wondrous manifestations. As we journey together through this human existence, let our thoughts and our consciousness develop to their fullest so we may become more aware of expressing ourselves in a complete and loving way. Let our inherent knowledge of Self become evident through thoughts and actions. Let our expressions be those of Love which is ever-present and unconditional, which deepens our awareness of oneness and wholeness with the Universe.

A Celebration for Robert a Monroe (*Spring 1996*)

In honor of the one-year anniversary of Robert Monroe's transition, his daughter, Laurie, brought TMI staff together for a celebration and meditation in memory of his life's work and the impact he had and continues to have on all our lives. The research lab was dedicated in his name and an oil portrait was unveiled. The following are some excerpts from Laurie's tribute to her father.

"We come together this day to celebrate and honor the life and the light that continues to flow through my father, and to celebrate the many ways he has touched our lives.

It has been a year since my father's transition and I want to thank you for the friendship, love, and support you have given me in this past year.

My father was a man of vision, a dreamer of dreams, a pioneer to so many people, and a light in our lives. The legacy he gave me was the undaunted vision he held that we are greater than our physical bodies, that we do survive physical death and that there really is no separateness. He encourages us to grow and continues to help us in moving forward through this life experience. He continues to remind us to keep the love for living forever present in all we do—here-now....

The most important thing I want to pass along to you, is that I know absolutely that my father is still very active, as is Nancy. Yes, you do survive physical death. My father's transition was easy. It was a decision of his Greater Self and was a conscious knowing. He has a definite purpose now and I invite you to explore that purpose with me as we continue to fulfill and expand his vision."

My Father's Legacy (*Spring 1996*)

It has been a year since my father's transition. I would like to share some of the experiences with my father that facilitated my growth. He guided me to accept change, to know the balance of universal laws, and to know that what is happening "now" is exactly as it should be.

During my upbringing I was encouraged to have an attitude of self-discovery, to explore and learn from my own experiences in life. I realize now how valuable it was that my parents did not force certain belief systems on me. Because of that, I was able to learn freedom at a very young age—freedom to trust my "Self" and a knowing of that trust.

An illustration of this learned freedom is the second time my father took me gliding. I was six years old at the time and enjoyed our Saturdays when we were able to go flying. The tow plane took us up and I was fascinated by moving through the air with no engine. The sound of rushing wind touched my child's heart. I remember my father asking if I wanted to fly the glider. I eagerly accepted. As we soared through the sky, he would give me a few hints such as "bank to the right" or "up with the nose." I would quickly follow his instructions. At one point, we seemed to be gliding downward (which I understood later to be that we were losing the thermal). I remember so well. He said to me to "feel" where the plane should be and take it there. I obviously had no idea that I was searching for another thermal. He remained calm and let me figure it out for myself. Through his strength and confidence, I somehow found another thermal and we continued to soar among the clouds. I am grateful for that experience at such a young age. It gave me a strong insight into my inner "Self"—a Knowing of the freedoms we all have.

Through Nancy's and my father's transitions, it became absolutely clear that we do indeed survive physical death. The love energy we are a part of Here goes with us There. The night before my father departed, Nancy was Here to be with him and me. She appeared as shimmering bright white lights that embraced me. I heard her say, "Everything will be all right. I love you." At this point, we had not yet received the call from the hospital, but there was an inner Knowing that my father was making the final choice, to take the ultimate Journey with his beloved Nancy.

Throughout my life, I knew that the love that existed between my father and Nancy was indestructible and eternal. As my father wrote, "Physical death has no effect upon the reality of love's existence, as such energy is neither dependent upon nor a part of time-space." I have observed this love energy throughout my life and know that it is permanent in the true sense of the word. It does not fade with physical death. It cannot be extinguished during physical life. This was evident to me in their relationship as well as through my own experiences. It is a freedom to know that love continues to bond us, and this Knowing has transformed my life.

“Once transition is made, only the heavily addicted remain closely attached to the physical life they have just departed.” My father was a pioneer in his time—a facilitator for many of us. His explorations and curiosity have paved the way for us to continue to expand our Knowns and to express what we truly are—Love. He has moved into a new dimension of work for the Institute. Our work continues to reflect his vision Here, as well as to respond to his expanded vision which is expressed to us and through us in Focus 27.

Throughout change we remember the expression of his spirit Through his love, we have gained the wisdom of balance in our being. Through his expression in doing, we are shown to be the radiant light that we are. There is nothing by chance. There is only a plan that he left us with his legacy.

Thank you, Daddy and Nancy, for your legacy—living through our work now. And thank you, Institute friends, for your participation in helping us—as we continue to grow and unfold.

Coming from the Heart (*Summer 1996*)

Throughout my life, I have relied on my inner guidance to direct my path. I recognized how to utilize and apply this guidance in a wide variety of circumstances. I would be open and receptive to it and it seemed to always lead me in a positive direction. After much contemplation in this past year, I know that the guidance that I am receiving is basically an energy that originates from what I truly am—Love.

Last October, I was discussing this love energy I was feeling with a close friend at TMI. It was an overwhelming vibration originating from my heart center that moved throughout my physical body. It was the same feeling I had experienced in TMI programs, especially *LIFELINE*®. Thoughts of Nancy and my father entered my mind, and that is when I understood that the totality of love There is a Knowing to me Here. Remembering the love they shared and knowing it is still very much alive led to the realization that this greatness of love is available to all of us. We are all generators of this love energy as well as expressions of it. I said to my friend how wonderful and exciting it would be to be able to consciously bring the love energy that is all-encompassing in the different states of consciousness (i.e., There) to the Here-Now. We became excited about the prospect of doing this, and thus the idea for the new program, *HEARTLINE*, was born.

Over the course of the next several months, three of us at TMI began to write scripts for the program tapes. Basically, we were all receiving similar thoughts and messages. I don't want to use the word "channeling," but it was akin to the meaning of the word. The ideas were flowing through us; they were not of us. We were simply the receptors of this energy. We now have the desire to share and express this energy with all of you who want to know, to be, to do, and to express what we truly are, Love. I know that this love energy can be integrated into our daily lives by opening to it and allowing it to constantly flow through us. By doing this, we are able to positively enhance our own life patterns as well as those around us.

The fundamental purpose of *HEARTLINE* is that the participant knows from direct experience that this love energy is indestructible and that it can be integrated Here for the immeasurable enhancement of this life's creative expression and fulfillment of purpose. I am sure many of you have experienced and known this energy. *HEARTLINE* is a means, a tool, for you to more fully explore this energy in order to capture the essence of it and to continuously be in the flow of it. The program will not utilize Focus levels as you are familiar with them in other TMI programs. This will enable the participant to be exactly where he or she needs to be: whatever level of consciousness is most appropriate for the participant's stated intent. Through learning to become attuned to and how to resonate with varying vibrational shifts and energy patterns, one's connectedness to this love energy and to all things emerges as a "Known."

I invite all of you to participate in our growing spiritual evolution by attending *HEARTLINE*. I am excited about the response we have received from many of you who plan to attend our first

program in October. The commitment of the *HEARTLINE* participant to live, be, and express this love is of vital importance. Once the channel is open and the love energy is continuously flowing, there are significant implications for a dramatic impact on human consciousness.

In closing, I would like to share the *HEARTLINE* Affirmation:

I am in touch with the source of all life and I am open to receive all energy from this source.

My purpose is to know and be love. My intent is to know the fullness of life, the joy of life, and the love that I am. I deeply desire to know, to be, to understand, to experience, to express the love that I am and the absolute good that I bring forth. I ask that the light of the source surround me, enfold me, and embrace me.

I ask that the love energy flow through me now and always. From this day forward, I am better able to be the love that I am and to know that I have no limitations.

For I am this energy—I am Love. And because I am love, I live each moment of this day in heartfelt gratitude and deep, abiding appreciation for All That Is.

Inside Information (*Fall 1996*)

We live in an era of transformative change that touches every aspect of our lives. This is an opportunity for us to affirm new values, to discover new and perhaps deeper sources of meaning and to create new relationships and patterns of activity that are more responsive to current human needs.

Through our work at the Institute, we learn to trust the process and endeavor to apply this to our daily activities. Our intention is to give something of value to humankind that will make a positive difference to the continuing transformation of humankind. There is great value to our group energy and collectively we can “make a difference.” Our fundamental values will be seen in all of our actions in life. Our intentions will affect all of our choices. We are being asked to move into the realm of spirit, the realm of the heart and love. We are being guided to help raise the consciousness of humankind as we move through this transformation that is occurring in the world today.

What does this mean to us? We know that the Hemi-Sync® process can facilitate different states of consciousness. It enables people to look within and to remove negative, limiting thoughts at very deep levels. It creates an opening—a Gateway to remembering who we really are. It facilitates a Knowing that we truly are more than our physical bodies. With this, there is a profound transformation that occurs within each one of us. The Information we are seeking resides within, and through the learning process we project our Knowing to others around us.

As we tune in to the “larger picture,” and open our hearts, we find ourselves relating differently with others. We respond with greater acceptance and appreciation for what we can accomplish together. We are less judgmental and recognize that our perceived differences are somewhat superficial and perhaps insignificant. Our individual lives change. Friends, family members, and those who come in contact with us notice this change and respond. Together we are traveling this inner information highway—the Interstate that leads us to Higher levels of understanding and eventually to be One with all.

We have the opportunity and the responsibility to explore new ways of thinking, being, and doing. We as individuals are crucial to this change and we need one another in order to multiply the influence of each of us to make a difference to humankind. If we all have a personal commitment to spreading the vision, we will create the ripple effect. It is time to reach the hearts of people, and collectively we can all make this happen.

Another very important part of the process of transformation is gratitude—to continually have an attitude of gratitude. To be compassionate, caring, to live with an open heart—to speak from the heart. We need to consistently express gratitude to those who have opened our

hearts and touched our souls, and to offer heartfelt thankfulness for the many blessings in our lives.

We are truly grateful and appreciative for your support. You have a vital role in the Institute's future, and we would like to encourage you to invite others to join the Institute in its purpose and mission. One way you can help is by creating new relationships and sharing with others your experiences as a result of attending a program or through your use of the Hemi-Sync tapes. We know that with your dedication and enthusiasm for promoting Bob Monroe's work, the Institute will continue to be a leader in the field of exploring human consciousness and will continue to positively influence humankind's evolution into the twenty-first century.

Change... Growth ... And So Much More (*Winter 1997*)

“A road that does not lead to another road always has to be retraced, unless the traveler chooses to rest at the end of it.”

As we approach the end of this year and look toward the future of TMI in 1997, I am reminded of this Chinese proverb. The road that the Institute has traveled began forty years ago and has branched out many times along the way. Bob's Monroe's early research and single-handed trial-and-error attempts to correlate specific sound frequencies with specific states of consciousness have benefitted all of us. Through the years we have expanded our research capabilities which include sophisticated brain-mapping equipment. Due to the conscientious efforts of Bob and those who supported him, the Institute has an exceptional reputation for being on the cutting edge of the study of human consciousness. In addition, we are no longer isolated within our own laboratory in our efforts to learn more. Currently, studies of the effectiveness of the Hemi-Sync® technology are being conducted at Duke University, the University of Virginia, Northern Arizona University, the University of Utah, and Columbia Presbyterian Hospital.

Similarly, the Institute's educational programs have expanded far beyond the weekend workshops that Bob conducted at Esalen and other retreat centers and motels in the 1970's. The *GATEWAY VOYAGE*® alone has been attended by thousands at the Nancy Penn Center in Virginia. In 1996, twenty-two *GATEWAY* programs were offered, almost all full to capacity and often wait-listed. Our graduate programs were also much in demand and attended by greater numbers of participants than ever before.

All of which brings us to another road.

It is time to expand. In order to further develop our capability to provide an environment to accommodate the growing numbers of people who learn about our work, expansion of our facilities is essential. By doing this, those who are avid in their desire for personal growth and consciousness expansion may attend our programs without lengthy delays and while still at the height of their interest and enthusiasm.

Over the years many of you have had the privilege of spending personal time with Bob and Nancy in their lovely home on Roberts Mountain overlooking the Center. Nancy and Bob referred to their home as the “Gift House.” Since their transitions, much thought has been given to the appropriate use of this residence, and it has become clear that this wonderful environment would be an ideal location for certain TMI graduate programs. Comfortable, homey, and beautifully decorated, participants will be able to listen to tapes, share

experiences, and optimally create the synergy of their own unique group energy within the special energies of Bob and Nancy's beloved home. Bob's cabin could also well afford the possibility for advanced research opportunities for selected graduate students.

Conducting some of the graduate programs at their home, which will be named Roberts Mountain Retreat, will enable us to conduct more *GATEWAY* programs at the Center. At the same time, it will provide our valued *GATEWAY* and other program graduates the opportunity to further learn and explore in an intimate setting especially conducive for opening to deeper levels of self.

We are excited about this new direction and expansion as we continue to explore more deeply various aspects of human consciousness. We will be able to better serve those who seek to Know. We will be able to help many more people know that they truly are more than their physical body. You know how this knowledge has affected your own life's pattern and what a difference it has made in your life. Bob always said, the one thing you can always count on is change. We invite you to join us on this journey of the Institute's growth. We look forward to your attending a future program at Roberts Mountain Retreat.

Communications Here and Beyond (*Spring 1997*)

Since my father's transition in March of 1995, many have asked if I have talked with him or seen him. In order to understand here-now, I will review a past encounter that leads to present awareness.

In the early days when my father began having OBE's (out-of-body experiences), I was unaware of what was actually taking place. I was seven years old at the time. As I grew older, he felt more comfortable sharing his adventures with me. There were several times when he would "visit" me in the OBE state and we would later compare our perceptions of the experience. I remember one such event when I was at boarding school. I was sitting under a tree, writing in my journal, and expressing my feelings of loneliness through poetry. I was crying—missing my family and friends at home. Gradually, I became aware of someone touching my face, a familiar presence. I knew it was Daddy. I didn't physically "see" him, but I knew he was there. A tremendous surge of energy, of love, encompassed my total being. I felt secure and the sadness seemed to drift away as a smile came across my face. His hug was greatly needed, and I thanked him for always being there. My signal to him was strong which is why he was drawn to my physical presence. A few days later I received a letter from him. The letter verified what I had written in my journal. He had definitely been with me, for he described the tree and the sadness I was feeling. In the letter, he told me that he loved me very much and there was no need to cry. I was not alone for there is a part of him that is always with me and that I would soon understand the greater part of me.

There are many other instances in my life where communications with him were through NVC (non-verbal communication). His favorite way of communicating is still by ROTE.

This method has been consistent throughout the years. Through his transition, there were many such communications taking place on many different levels of awareness as well as in C-I consciousness.

I recently encountered Bob again in the *EXPLORATION 27*® Program. His excitement was exhilarating concerning our group's learning experiences. His love and encouragement continue to assist us. He persists in being the explorer and his curiosity continues to propel him to seek out new adventures There. His message is that we have to seek the answers and the only way we will KNOW is to find out for ourselves through our own direct experience.

There is a rule that one must follow after transition from the Earth Life System. It is the only rule that applies in the Park environment, Focus 27. The rule is that there is to be no imposition of one's will upon another. He has given us the map of the Interstate. It is our choice to follow that Interstate or explore other routes along the way. Through personal experience and communications, I have found that my father has reconnected with his I-There, yet continues

to appear on occasion, especially in Focus 27. His message to me after his transition, “Feel the presence,” has profound meaning for me. Our communications are meaningful and auspicious. With a clear intention, comprehension of his roles becomes a Knowing. Communication can be visual, auditory, kinesthetic, or through a sense of knowing.

It was made clear by my father that he would not channel through any physical human being. If he were to communicate through physical means, it would most likely be through a computer or some other electronic means. This is evident through his writing in *Journeys out of the Body*. He talks about receiving a signal from his great great-grandson in Locale I, who is communicating through a hand-held device similar to a portable radio. He perceives the signal and greets him warmly. This could be a probability in our lifetime. The work at the Institute in many ways is building the bridges between the dimensions. We will continue to explore areas of research related to communication with those who exist in other dimensions. One such avenue is ITC, Instrumental Transcommunication, which is the use of electronic equipment to receive information from non-physical dimensions. This research and experimentation have been ongoing for the past decade and results have been validated. It is likely that a collaboration of research efforts between TMI and ITC will occur in the near future.

In simple terms, yes, I do communicate with my father and others. One message I receive consistently is similar to Bob’s writing in *Ultimate Journey*. There is only change, there is no separateness, there is only one, and there is only love. This is an intelligent Universe in which we exist and there is a plan. There is nothing by chance and there are no coincidences. There is a common thread that extends through all of us in all different levels of awareness. It is pure unconditional love which is the essence of who we are.

With the increasing awareness of the uplifting of human consciousness, our intention is to work in harmony within all the dimensions in which we and others exist. Through various forms of communication, our knowledge will be greater and our experience here more rewarding.

Nancy Penn Monroe, Co-Founder (*Summer 1997*)

"I neither slumber nor sleep and you must learn that your soul neither slumbers nor sleeps. Once you realize this, you are aware of your spiritual vitality and wakefulness to your high consciousness. In so knowing you will understand that I am truly closer than your hands and your feet. In this knowing, in this knowledge, we are one. Live in truth. Be truth. Live in beauty. Become an artist in living."

EXPLORER Session

Nancy Penn Monroe

Nancy Penn Monroe was truly an artist in her own life. Her beauty and gentleness enhanced the lives of all who knew her. She was the cofounder of the Institute and was married to Bob for twenty-three years. She made her transition on August 15, 1992.

Nancy's heritage stems from an old Virginia family, the Penns, dating back before the American Revolution. She was brought up in the southern tradition, which was evident in her mannerisms and stately grace and dignity. She always had a smile for everyone and put others' needs before her own. She did not know the meaning of the word "hate," and her expression of unconditional love was felt by many. Nancy never met a stranger. She had a kind word for everyone she met, whether it was the state trooper who had just written her a speeding ticket or the lady at the checkout line in the supermarket. Her energy was boundless. She was mindful of the rights of others and never asserted her will upon them. She was an example of love that one could reflect upon it any time. Love was her motivator and she knew the "secret" was to be consciously connected to the Light of love.

I was fortunate to have many wonderful experiences with Nancy since the age of fifteen. I knew and recognized the specialness of who she was and held that knowing very close to my heart throughout the years. In a recent experience in *EXPLORATION 27*[®], I was told I was to receive a healing. A tremendous warmth enveloped my physical body. I felt very light as if I were floating. There was a tingling sensation in my body and there were beautiful rays of golden light all around me. Several rays of pure white light were surrounding me and there was this remarkable feeling of love—so much more than words can express. Tears were rolling down my cheeks as I remained in his encompassing feeling of unconditional love. The CHEC unit became brighter and brighter as the rays of light seemed to join together as one. I had a strong sense that Nancy was with me, and I asked if she was there. As the rays came together into a single beam of white light, I felt my right hand being squeezed. I knew it was Nancy, for I recognized her energy within the light. It was so reassuring to feel her, to actually experience a physical validation of her presence, to know that there is no separateness. We are all connected. We are all one.

Nancy loved foxes, and we collected them together for over twenty years. Many of these precious collections can be seen in the Fox Den at the Center. The fox is very much akin to Nancy's nature. Known to be the observer for its ability to be unseen, the fox is the symbol for the protector of the family. Nancy was a protector as well as a provider of nurturing and caring. She had the ability to adapt to any change, which was advantageous in her relationship with Bob. Able to perceive objectively almost any situation, with swiftness of thought and action she would integrate all that she observed in order to maintain the unity of all concerned. Just as the fox is able to camouflage itself in the woods, Nancy's keen perceptions helped her to know instantly what would happen next. Her psychic abilities and her intuition were always available to her. Her attributes and those of the fox are perhaps one and the same.

Here we see Nancy in everything around us. As co-founder of the Institute, she was involved in the inception of what my father had built. The many beautiful creations in and around the Center are from Nancy. The interior design of the building itself was the result of her creative efforts. The gorgeous Bradford Pear trees that line the roadway as you enter the Institute grounds are the result of her thoughts. On the day of her celebration of life ceremony in David Francis Hall, the Center was dedicated to her by my father, thus the Nancy Penn Center. As my father said, she was too self-effacing to permit it before that moment.

Nancy began a story, "The City Not Made with Hands," which is unfinished. She always said she did not have the time. Perhaps now—with our explorations—the story can be completed, as we know Nancy's "city not made with hands" from direct experience of the Park and Focus 27. Perhaps that is how she wanted the story to be finished—There rather than here.

The love, the essence of Nancy, the essence of Bob, remain with us always, sometimes in very subtle ways. You can physically see it in the fleeting fox, feel it from the soft gentle breeze, smell it in the budding of springtime, taste it in the Silver Queen corn, and hear it in the stillness of a winter's snow.

Such beautiful gifts. Indeed!

Living in Resonance (*Fall 1997*)

There is a shift occurring within the global consciousness on the planet and many of us are resonating to the vibrations of this shift. We see it all the time at the Institute and it is a wonderful and beautiful process of which to be a part. People are more in tune with their inner beings and they are acting from their own inner energies, more and more living the oneness that we are, rather than just talking about it.

It is all a matter of energy, the basis of who and what we are. If we allow the energy of our experience to permeate our entire being, each cell, then we are allowing the life force energy to constantly flow through us. If we view the force as external, we are simply forgetting to “look under the hood” to see who is doing the driving. It is a matter of opening to the experience, whatever it may be, by becoming one with it rather than observing it. Once we experience and know that we are more than our physical bodies, more than our personalities, we begin to release any unwanted, limiting concepts of self. We allow the energy to flow smoothly and comfortably through us. When we resonate with higher vibrations, we become more in harmony and balance with them. If we recognize that love is the energy that raises our vibratory rate, then our thoughts resonate to these higher levels of vibrations. The more direct experience we acquire, the better we are able to integrate this resonance into our daily lives.

It is important to understand the meaning of resonance because it affects our lives in every aspect. If our thoughts are uplifting and positive, then others will resonate to our energy. An illustration of this would be that when you find yourself in the presence of someone who is happy and joyful, the energy field of this person will automatically bring you into the present—your own expression of joy. In essence, we are resonating with that person’s energy field. If our intent is to create balance and harmony on the planet, then in order for it to spread, we need to be proactive in our own actions.

I recently had the opportunity to share my thoughts with a lovely participant who attended the *EXPLORATION 27*[®] program a few weeks ago. I told her of my message, “Feel the Presence, rather than trying to see the vision.” It seems that many people seek images to identify with as a form of validation. If you can “see” it, then it gives the experience more validity. But Guidance comes in many forms—through feeling, hearing, vision, kinesthetically, or through a “simple” sense of knowing. If we constantly try to seek the vision or the picture of what we are experiencing, perhaps we lose a part of the wholeness of the experience. The meaning or the message may be far too complex to interpret through the physical sense of sight. Our physical eyes have difficulty perceiving that which exists beyond the surface, beyond the physical world. If we allow ourselves to feel the Presence, our perceptions and awareness become more integrated with the experience itself. We find ourselves resonating and becoming one with the vibrations of the experience rather than observing it from the outside.

In order to feel the essence of the experience, we need not look through our physical filters but perceive and feel the wholeness of the experience by being in the moment of it. We should not limit our definition of self by operating solely through our five physical senses. Many of you who have attended our graduate programs have experienced the resonance of a tree or some other part of matter.

The important thing is that you are able to resonate with the vibration or frequency of an object or person and you are in tune with its energy field. The more we practice this, the more we will open our communication between all dimensions.

Each one of us has the power within to create the needed changes on our planet. It is simply a matter of resonating to the higher levels of vibration, and through our intent, together we can create harmony and balance. It is our choice to do this. When we choose to live from our heart centers, in each moment striving to radiate the love we truly are, everyone within our sphere of influence, known and unknown, responds. Like the ever-expanding concentric circles emanating from a single pebble dropped into a lake, our heartfelt expressions of love and gratitude extend outward touching all there is. When our circles intersect, there is the knowing that there is no separation. There is the unmistakable presence of the energy known as love, and within the resonance of love, there is freedom.

Making a Difference (*Winter 1998*)

“Making a difference” implies having an effect or changing the outlook or situation. By making a difference we can all benefit those we encounter in our daily activities. Changing how we perceive a situation changes our personal outlook. But the larger question arises, “How can we make a difference not only to those we love, but to the evolution of humankind as well?” If we begin with the small things in life, then everything will fall into place, since everything is a part of the wholeness of who we are.

If you have experienced the Hemi-Sync® process through using the tapes at home or attending programs here at the Institute, you have firsthand knowledge of its profound effect. It has enabled so many of us to change in positive ways.

We have altered our lives and the ways in which we live. It has changed how we perceive rather than what we perceive. While expanding our awareness, we have become more inwardly perceptive. By growing in understanding and awareness, we become able to translate our experiences and share our knowledge with others. And by expressing our own truth, we empower each other and remember why we are here. In taking what we have learned to our loved ones, friends, and all whom we encounter, we remind each other of our deepest level of truth—the truth that we all know. Our inner understanding, peacefulness, and centeredness can be a beacon to everyone we touch. These qualities promote more loving and supportive relationships and enhance our personal productivity and creativity. By demonstrating these qualities, we become catalysts for others. By experiencing our innermost energy, which is infinite and indestructible, we can help others open to their own inner depths.

We choose to take action and to think in certain ways. Through choice, we co-create our own life’s path. Within the process of co-creation, what we think about ourselves and our situations determines what is manifested. Knowing the source of our thoughts enables us to process and change old patterns through our intent. When something is experienced in a way that makes it a known, old patterns or restrictions that previously limited our thinking fall away—we are free. And through connecting with the power that resides at our very core, we are able to make life choices that can and do make a difference. From the smallest issue to the largest, it is simply a matter of deciding. Whatever appeals to you as worthwhile to share, follow your feelings. If your choice is unrestricted with no expectations attached, then give freely and lovingly. You will empower others as well as open yourself to the gift of receiving.

I used to drive over Florida’s Sunshine Skyway on a weekly basis. Early in the morning everyone was hustling to get to work on time. The atmosphere thrummed with tension. A palpable aura of stress emanated from the traffic backed up at the tollbooths. I had a choice as I sat there. I could join the agitated and frustrated majority or transform the situation positively. Making the latter choice, I pulled up to the toll-booth and gave the attendant the exact change

for myself and the next two cars. She probably thought I knew the other drivers. Driving away, I watched in my rearview mirror as the cars stopped to pay the toll, and I sensed the drivers' surprise as they learned that their toll had been paid by the preceding driver—a stranger! For an instant they smiled and entered into the moment as they received my gift. Even though the act was small, its power to create gratitude in another's heart was magnified. The attendant later told me of the other drivers' reactions. Their pleasure made her feel good and spilled over into her attitude toward everyone else who passed her that day. She would think about the gesture and smile. Consider the small things in your daily life: where could you help someone else—even for a moment—with a smile, a kind word, or an action that would lift them out of their usual responses? Think about situations that provoke impatience, such as standing in a long line at the grocery store or waiting for a teller at the bank. Choose to make a difference for someone else in these moments and feel the joy within emanating outward. As this energy radiates from you, it will inspire others to react and respond in kind.

A recent *GATEWAY VOYAGE*® graduate shared this excerpt recorded in his journal toward the end of the program. “Nothing will be the same in this entirely new world/universe which has opened up in myself. I am very thankful for that. I finally can see, hear, and speak in a bigger universe without fear, without doubts. Just a special ‘thank you’ for the awakening into a very new, bigger, and brighter world.” As we take time to re-acquaint ourselves with the wonder of our universe and ourselves, gratitude will open more doors than we can imagine.

Thank you for making a difference to the Institute. Your contribution to our growth and your dedication to our vision through creative action is an integral part of our success in attaining our goals. Thank you for the support and love that you are giving in every moment. Together we can indeed make a difference as we continue our explorations into human consciousness.

A Global Perspective (*Spring 1998*)

A LIFELINE® participant recently shared his understanding of vision with me. Every organization has a vision, but how the vision is formed and held is instrumental in its manifestation. First, we must clearly picture our vision. Then, we continually refer to that picture as we strive to accomplish our goals. This process ensures that we remain in alignment with our original vision.

My conversation with the participant reminded me of an important message I received from my guidance in the spring of 1996. The following is a recap from my April 1996 journal.

It had been a year since the transition of my father. Recalling his strong desire instructing me to “get it out there,” I decided to move to Focus 12 and ask for assistance. I felt three of my Light Beings moving around my body. I felt a rocking sensation of moving from side to side. I was aware of their continuous movement in a clockwise direction around me. In my mind I asked them, “Please help me clarify the vision and direction for the Institute.” There was a great deal of joy in the next moment as if they had been waiting for me to ask this. I could feel their excitement as they each took positions around me, one at my head and the other two on either side of me. I continued to breathe deeply to maintain the flow of energy in order to deepen my connection with them. Slowly I felt each one of them connect with me and easily lift me above my physical body. We began to move upward, swiftly and smoothly. We kept moving upward through the roof of the building, passing the clouds as we traveled farther and farther upward. I observed the earth as it seemed to get smaller. The upward motion stopped and I felt as if I were suspended in space, floating and free. My friends then gestured for me to look closely at the earth below us. It was a beautiful picture. I could hold it in my hands and feel the energy emitting from its very core. Then I noticed there were three small lights and one bright light. They told me to look closer. As I moved nearer to the earth, I could see the continents and the approximate location of the pin-points of lights. The bright light was on the east coast of the U.S.; one of the other lights was located in Europe, seemingly south of Germany; one was on the western side of the U.S.; and the one in South America seemed to be in the southern area of Brazil or Argentina. Then, they slowly moved me around to observe the planet from a different perspective, and there was another small light. I recognized it almost immediately as Australia. There was a great feeling of elation and anticipation. They told me, “Remember the vision.” Suddenly, I was aware of a thump. . . . Click, I was lying in bed, I opened my eyes only to find my cat staring at me and purring very loudly.

This experience stayed with me. It certainly felt like a direct answer to my question, as well as a way to fulfill my father’s wish. The *GATEWAY VOYAGE*® has transformed the lives of many. The lights seemed to indicate tentative locations for centers accredited by The Monroe Institute to offer the *VOYAGE*. The lives of many more would be touched by such centers. The Institute’s Vision is based on this experience as well as Bob’s communication: “to be the

leading force and create a global network proficient in the exploration and uplifting of human consciousness.”

I invite all of you to create your own vision in alignment with your path and to join in our vision at the Institute. We all are aware of the enormous power of group energy. By holding the same picture for the future of our planet, we multiply our ability to transform human consciousness. Our thoughts, of which we have approximately 80,000 a day, can create whatever we envision if they are in accord with our intent. There is a circular flow continually moving from within to without. Through experiencing the interconnectedness of all things, we personally know that there is no separateness between the internal and the external—there is only oneness. Knowing this concept and applying it in our thought patterns can produce results on a global scale.

As part of our worldwide TMI family, you are supremely important to our vision. You realize the significance of what we do because of the ways in which your own lives have been changed. Your excitement and enthusiasm are valuable allies for communicating your firsthand knowledge of the power of Hemi-Sync to others. Together we can paint the picture of more and more people healing, coming into balance, and—as a consequence—uplifting the consciousness of the planet.

Healing Hands (*Summer 1998*)

Each one of us has the ability to open to greater awareness of the universal energies and the energy of spirit. These energies exist all around us, and the more we invite spirit to penetrate the denseness of matter, the more our consciousness can encompass.

Last year, I was fortunate to be able to attend the annual Instrumental Transcommunication (ITC) conference in Brazil. After the ITC meeting, our group traveled to several spiritual sites. One of our destinations was the Frei Luiz Center, located near Rio de Janeiro. Frei Luiz is on the other side. He bequeathed his home as a philanthropic, non-profit institution, which provides both social assistance to needy people and spiritual assistance and treatment for the general public. We were asked to prepare ourselves by eating fruits, vegetables, and having no meat, no alcohol, and no cigarettes for two days prior to the scheduled session. We were to wear white clothing and dress comfortably for the event. I had heard of “spiritual healers” in Brazil and was fascinated to be able to participate in an actual session. Prior to leaving the hotel, I listened to *The Visit* and stated my intent to be one with spirit.

Upon our arrival we were greeted by Tais, a wonderful woman who has been operating the facility with her father for the past twenty years. After giving a brief history of the center, she announced that the Doctors were ready. The waiting room was dimly lit with a soft red light. We were asked to pray. The four Doctors who would perform the healing were non-physical. The physical doctors do this work separately from their regular medical practices. They carefully explained that they were merely conduits for the energy of the physicians on the other side.

I was among the first half of our group to enter the treatment room. As I lay on the bed, my state of awareness deepened and expanded. When one of the doctors moved his hands a few inches above my body, it felt as if I were physically expanding upward. As he moved to the person beside me, I continued to breathe deeply, opening to this loving and sensitive energy. After everyone present had been treated, the doctors and Tais stood talking softly in the middle of the room. I lay quietly and sensed the energies of many spirits moving all around me.

Tais came over to me, held my hand, and explained that the spirit of Frei Luiz was there with us. She whispered in my ear, “He is asking you to be the one to have surgery for the group. The healing has taken place, yet the physical manifestation needs to be seen so that others will believe.” As the doctor came over to me, I reaffirmed my intention. Gently, he touched me physically just below my rib cage. Then it felt as if his entire arm was inside my body in that area. There was no pain. Slowly, a tingling sensation moved throughout my entire body and narrowed to a feeling of vibration up and down my spine. I focused on the energy as it moved up through my body in a circular kind of motion. It was flowing in and through me and back to the source. I felt secure and full of love, at one with this energy. The doctor then removed his

hand from my physical body and worked with the energy surrounding me. An aquamarine crystal materialized in his hand as it moved above my heart. He handed it to Tais and stepped away from me. As I lay there in total gratitude, Tais put the crystal into my hand. It was extremely hot. With tears in her eyes she said, "Spirit has asked that you take this with you and spread the word of the healing that has taken place." We hugged each other lovingly.

This personal experience reconfirmed my view that we are all aspects of spirit. Knowing and feeling its presence is simply a matter of opening to less dense vibrations. At the Frei Luiz Center, my clear intention created the higher state of awareness necessary for experiencing the wholeness of who I am. Everyone can learn more of their essence by consciously directing intent— it's an interactive process. My thoughts and attitude created the opportunity for transformational change and allowed a greater inflow of spirit into my daily life. The aquamarine crystal reminds me that my indwelling spirit is connected to all things. That Knowing opens absolutely wonderful capabilities to do and be so much more!

Building Bridges (*Fall 1998*)

The universe is intelligent and has a purpose. We, as inhabitants of this beautiful planet Earth, are facilitators of the impending changes and part of the process. As we continue to expand our views and question our beliefs, we realize that there are no limitations. We have the ability to do whatever we so desire. We need only focus our intent and manifest our thoughts through creative action. Through knowing that we are all connected, we can contribute to a worldwide shift in human consciousness. By bringing this knowing into realization, we develop our compassion, effectiveness, and understanding. These qualities determine how we will respond to the challenges of the next century. It is our spiritual opportunity to step into a deeper awareness of our essence on a global basis. Achieving this awareness is not effortless, yet the results are rewarding for our present time, as well as for all potentials within creation—Here and There. Direct experience of this truth enables us to embrace the greater consciousness of which we are a part and align with our highest source.

Living in this knowing has given me a tremendous sense of gratitude for having a part in the magnificent changes upon which we are embarking. The Institute has been patterning for expansion in Europe. The outcome of that patterning is an agreement with David Feldman of Geneva, Switzerland, for the opening of TMI EUROPE. David's vision is one of service to humankind by facilitating others' opening to their greater consciousness—the essence of who they are. His organization, The Institute of Greater Consciousness, will be the foundation for TMI EUROPE. The long-term goal and vision of both organizations is to be the major force in the world for the growth of human consciousness and for the enrichment of being human through in-depth self-discovery and transformation. This will be accomplished through research, education, inquiry, and innovation. The Institute of Greater Consciousness, TMI EUROPE, absolutely shares the goal of TMI and wishes to be a part of it. We are grateful for this alliance with David in creating TMI EUROPE and hope all of you will take part in our growth within this market.

Expansion into the European market will give those who are unable to travel to the United States an opportunity to attend the *GATEWAY VOYAGE*®. Our purpose is to provide the transformative power of *GATEWAY* to as many people as possible. For those who have taken the *VOYAGE*, opening to the truth of who they are – knowing it, not just believing it—has given them a different overview of life itself. This is the special gift of that program.

We are moving into the new millennium with wisdom that has been deepened by experience. If humankind grows and expands beyond its perceived limitations, we will all know beyond doubt that there is no separation. The experiences gathered on this life's journey have incredible value for our next level of learning. My own experiences have taught me the most important lesson: we truly can trust the process. It is a process of co-creating reality. You, as members of

our TMI family, are ushering in a new way of being. When we are in alignment with our mutual oneness, others are helped simply through our projected energy.

My travels in other realms have given me a tremendous sense of connection to the larger, invisible order of things. The energy within us is the driving force that steers our course. The invisible supports the visible. In my vision, the highest potentials of spirit can be expressed in the physical. It is a process of bringing There to Here, integrating the energies so each of us can play his or her part within the plan. Exploring higher realms of knowledge shifts our perception to a pure, unfiltered vision of the truth of our Being.

I invite you to participate in our expansion and welcome your thoughts and creative ideas. Building a bridge across the Atlantic is the start of a new adventure. And, just as we build connecting bridges between ourselves, we can build bridges to higher realms. Perhaps the bridges are already there and we need only recognize their existence. "There is no limit. There is no chance. There is only a plan."

Exploring Beyond Focus 27 (*Winter 1999*)

Change—a source of human worries, anxieties, and concerns. We are afraid something might change, or that it won't. Yet change is an inescapable part of the design that encompasses the entire time/space continuum, certainly our Earth Life System. A solid Different Overview accepts completely this reality and acts accordingly." ~ Robert A. Monroe

As we here at TMI have grown and changed, each in our own way, our sense of gratitude has expanded proportionally. We have been inspired to continue our exploration of other realms and energy systems with the methods we have learned and to build on those basics according to our highest guidance. As our beliefs become knowns, that which is not in alignment with the essence of our being is filtered out; we begin to remember the truth-our truth. Through exploring inner dimensions of self, our understanding of and trust in the process increases. These principles are the foundation of *BEYOND EXPLORATION 27*® (*BX 27*).

The first *BX 27* was launched at Roberts Mountain Retreat (RMR) on Wednesday, October 28, through Sunday, November 1, by a wonderful group of eighteen *EXPLORATION 27* graduates who came together to experience a deeper knowing of realities beyond the time/space continuum. *BX 27* participants spend quality "time" at the Healing and Regeneration Center in Focus 27 and in the energy of Focus 34-35. Group energy is especially powerful for perceiving, observing, and navigating in these dimensions. Just as Bob utilized individual "explorers" years ago, now the group's combined energy and intent can facilitate a greater awareness of information "There" and enable us to translate that information to "Here." The following insights from a *BX 27* "crew member" demonstrate how the process works:

"During this incredibly blissful, empowering experience, I received/know incredible insights into what it is, what I am. You spend many lifetimes in an outward search, not knowing what you've been searching for, pushing further and further out, away from yourself... like a needle in a balloon, the further out you go, the more the tension, the harder the search. What you don't know at the time is that what you are searching for is You. Eventually you reach a point where you can go no further. You, only then, finally turn your search inward. Although you still don't know what you're searching for, you recognize that you are finally going in the right direction. You are finding and rediscovering parts of yourself-it feels right. Your search back inward begins to accelerate as the outward push is released... once you quit struggling, pushing out, the balloon literally catapults you inside where you belong. You realize that everything is YOU. Everything and everyone is YOU. Every time you connect with someone or something, you connect with YOU. YOU are all there is."

It felt especially fitting to celebrate Bob's birthday on October 30 in the middle of *BX 27* with appreciation and gratitude for the gifts of his legacy. In his own words, "Our acceptance and allowance creates our Different Overview—the constant expansion of the knowledge of what

you really are... and the freedom to do and be in ways you always thought were beyond your capability.”

Some closing comments from the group echo Bob’s sentiments: “Triumphant congratulations”; “One of the two most profound experiences of my life”; “We should allow love to happen to us, and know that we can give this love to all the beings on the planet”; “I feel complete and released”; “Thank you for the lovely, most productive days here. I will take a special spirit with me that will remind me to return again. Love, love and thank you all”; “As we move into the future, the answers change. Explore, be open, and allow”; “Feel and express love and honor the God in all things”; and “The circle is complete.”

Many thanks to all who sailed into uncharted seas on the maiden voyage of *BX 27*. Your spirit of adventure will forever be a beacon for others to follow. As explorers willing to dare the final frontier-the frontier within-you are in the vanguard of TMI’s twenty-first-century research effort.

Finding the Way Home (*Spring 1999*)

Love can't be taught, can't be bought. Love can't be learned. It is generated within the individual in response to an external stimulus. The individual has no control over this generation. Once initiated, it may be layered over or sublimated but never destroyed. It will always be there, glowing quietly within you. Physical death has no effect upon the reality of its existence, as such energy is neither dependent upon nor a part of time/space. The most consistent and visible facet of this love energy is probably mother love." ~ Robert A. Monroe, *Ultimate Journey*.

December 27 was a quiet day. Lying in bed that morning, I was thinking about the day of my birth. My thoughts naturally turned to my mother, who was in the hospital in a coma. She had begun the dying process. I had been with her the day before while listening to the *Homecoming* exercise from *GOING HOME*®. In that other reality, we were running through a garden of many beautiful flowers—all in stunning colors. She was very young, almost childlike, and seemed very happy. I felt that same feeling when I woke from my light sleep that Sunday morning. It was a feeling of freedom, the lightness of a young child with no cares, no responsibilities, and no worries because everything is taken care of. It was wonderful to experience, even for a moment, and I gave thanks for the many times my mother had created that space for me in childhood.

I had visited my mother in the hospital on Christmas Day. She looked at me as if to tell me that I shouldn't be there. I repeated that Mother's dog, India, her most loved companion and friend, was fine and that she could visit India at will by simply thinking of her. I played *Higher*, one of our *METAMUSIC*® tapes, and spoke to her calmly and gently, telling her that she was free to go and do whatever she wanted. I know that she heard my voice as I continued my reassurances that loved ones and many others were there to help. Mother opened her eyes and looked to the ceiling as if she knew—as if she saw them—then closed her eyes again. I sensed the presence of many spirits in the room and understood that this process would not go on much longer. I lovingly asked for Divine Light to enfold her and aid her to release any fears restricting her from moving forward.

Mother died on December 27 at 9:50 p.m.

Throughout her transition, she listened to the *Relocation Theme* from *GOING HOME*. It was, perhaps, not coincidental that she died on the same day that I remembered our shared experience. It might have been her way of confirming to me that she had found her way to Focus 27. Certainly, my trust in Spirit helped her and I give thanks for all who participated and assisted in the process—physical and nonphysical friends.

Writing in my journal that night with music playing in the background, I felt enfolded by Spirit. Mother was resting now in the Focus 27 Healing and Regeneration Center. Soon she would discover her freedom from physical constraints and limitations. Her life experience Here would have exquisite value for her continuing journey. I went to bed with an overwhelming sense of peace and feelings of gratitude for Mother's love and guidance throughout my life. At the same time, it was as if I'd lost a part of me—yet my Higher Self knew this was untrue. The separation is only physical, since we are truly one.

This personal experience reaffirmed the great value and importance of our *LIFELINE*® program. Since attending the inaugural *LIFELINE* in 1991, I have traveled the pathway to Focus 27, and later to the Healing and Regeneration Center, many times with frequent side trips into the vastness of Focus 27. Once this pathway is known, you are prepared for the task that all of us will eventually confront—dying physically.

Through *LIFELINE*, innumerable individuals from all walks of life have come to know that they survive physical death. *LIFELINE* was intentionally designed to be effective regardless of participants' specific beliefs and to instill knowledge through direct experience. The theme of the program is “service”—service to those who are no longer in physical existence and need help to detach from this Earth Life System. Those who have prepared themselves beforehand, or have been prepared by others, can more easily sever their physical ties. Once you have been in the Focus 27 energy, you know that an essential part of you exists There and that you are always connected to that part. The conscious awareness of being a part of the whole gives you freedom to experience the limitless being that you are and to live your life to the fullest. In this knowing, your appreciation of There transforms your physical life Here.

I encourage each of you to “find out for yourself” and to prepare for our ultimate encounter—the transition to There. What wonderful freedom, to Know that love—our purest energy—transcends the boundaries of time/space and that our core selves truly do survive physical death! See you in 27,

Laurie

The Spirit's Journey—There to Here (*Summer 1999*)

In previous articles, I have shared personal stories of the abundant oneness and unity There—in nonphysical dimensions—and the importance of fully integrating the essence of that oneness and unity into our daily lives. Consistently bringing that energy into this physical reality can make a profound difference to humanity. I am convinced that a large portion of the purpose behind our consciousness explorations is to strengthen and widen the bridge between dimensions, dissolve illusions, and clarify our perceptions.

What is the most effective way to use the energy of pure, unconditional love Here, for the benefit of ourselves, and our communities, families, and friends? The easiest way is to simply BE love. In other words, internalize the love energy so completely that it becomes who you are. Imagine yourself as a pebble tossed into a pond. As the pebble strikes the water's surface, ripples effortlessly emanate from the point of entry and flow outward to the farthestmost shore. In the same way, love ripples out from our inner being.

Recently I felt the effect of bringing this love energy Here and integrating it into my physical being. My guides had lovingly nagged me about my cigarette smoking with words, ROTES, and images for almost six months. I tried to ignore them and sometimes got pretty annoyed. They remained understanding and persistent.

Then, during a consultation with a spiritual astrologer, he quoted my guides verbatim. It was obvious that they had spoken through him in another attempt to get my attention. That very night I met with my guides again. They simply smiled and filled my entire being with pure, unconditional love. I haven't smoked a cigarette since. When the desire arises, a part of me opens to the higher energy and the physical craving dissipates. The sensation is like standing in two worlds—Focus 27 and Here—simultaneously.

This experience led me to examine the inner dimensions of myself more closely. I asked my guides to help me understand how the process works. They showed me how they had opened me to levels beyond even Focus 27. According to them, my healing was primarily on the emotional level of being. They reminded me of my experience in the Healing and Regeneration Center during *EXPLORATION 27*® when I was immersed in pure white light. The longer I stayed within the light, the more I resonated with its vibration—as if I were the light itself. Such connections with higher energies are constant reminders of our multidimensional selves. Embracing this energy flow allows the higher self to take charge and catalyze new levels of perception. Closer attunement with our own guidance opens the way for amazing and wonderful manifestations in our lives Here.

We have all chosen to be Here now for a purpose. The numbers of us who have experienced the energy of totally pure and unconditional love is approaching what my father called “critical

mass.” The interdimensional bridge is becoming a magnificent, soaring span—a broad thoroughfare on which love energy from all dimensions can meet and meld into one.

We are responsible for ushering in this energy and helping others to do the same. The words of a participant from a Connecticut weekend workshop, who recently attended a *GATEWAY VOYAGE®*, are a succinct summation: “In our fears, our joys, our truths, and in simple—yet fearless—moments, we dared to walk, dared to share, dared to cry, and dared to embrace one another, for in our mutual experience we discovered the bond of our common humanity. And for now and the rest of our lives, throughout the pages of our journey, we have become a part of each other. For who are we who have traveled so far, in search of the mystical experience—so long yearned for, so long awaited, and so long held within the very fabric and core of our being? Through the GATEWAY we walked arm in arm, one step, one tear, one smile, one hug, and one laugh at a time! Who are we? We are humanity, and out into the world we returned to share, to embrace our individual lives and carry the message that love is all that there truly is!”

Gems of The Next Generation (Fall 1999)

I recently attended the annual Institute of Noetic Sciences Conference held at Disney World in Orlando, Florida. A profound statement by one of the speakers etched itself into my memory: “Those who are in a position of leadership, of any kind, need to make decisions that are based upon seven generations from today.” I resonated completely with that powerful message. Presently, the future of this planet—and of all of the species that inhabit it— depends upon the generation now coming into adulthood. Now is the time to assist them in identifying and achieving their goals. I feel that fostering and encouraging a shift in consciousness among teenagers is of paramount importance. Out of concern and compassion for this younger generation, we have created the *Teen GATEWAY VOYAGE*®.

The inaugural program took place during the last week of July.

There were fourteen participants—seven of each gender. Each teen completed a confidential application and mailed it directly to TMI, separately from information provided by their parents. This allowed them to answer our questions openly and honestly. The application process was the first step in creating a safe place for them to express their feelings. The most prevalent desire or expectation was the need to be liked, accepted, understood, and loved. Several participants wanted greater self-confidence and self-esteem. As with most teenagers, there was a tendency to “push the envelope” in many different ways. In this program, they were pushing the envelope of their perceived limitations and beliefs. The group bonded quickly, and the older teens made a point of including and engaging the younger ones.

Comments on the program evaluations revealed that tremendous openings had occurred during the week. The participants gave their permission to share these examples:

TEEN GATEWAY participants and TMI Trainers gathered around the tree planted in honor of Dave Wallis to pose for a farewell photo.

During this time that we have been here at The Monroe Institute, I have gone through what some might call “an awakening.” I believe strongly that every one of us was brought here for a strong definite reason. For some, like me, it was to find themselves. I am sure that everyone here has noticed us as flowering into a great garden that will soon be adults. I’m sure that I speak for everyone when I say that this was a much-needed experience that will be remembered with fond memories for our lifetimes. I really hope that we will have this opportunity again next year. ~ Sarah Beth Gallenberger

I thought that this experience was one of the most influential lessons that I have learned in my life. I learned about friendships with others and a stronger relationship with myself. I think that the program was great, and I would readily jump at the opportunity to attend another teen program. I found that I wish that I had more time here to learn some more about myself, but it

is important to continue my learning process on my own. I feel very grateful that I was given the opportunity to participate in a great program such as this. ~ Andy Vasquez

This week was a great way to experience me as I really am. I had a vague idea of what the program was about when I first got here. As the week progressed, I was able to make lots of new friends—the most important friend being myself. I had an excellent time. ~ Felicia Potter

I feel this week has been one of the most positive and exhilarating events I have ever played a part in, in my entire life. This last week in the VOYAGE program has helped me find out who I really am, as well as grow toward a more positive self and future. I am glad that we teenagers are now being included in the TMI programs. I truly enjoyed being a part of the maiden voyage of the TEEN GATEWAY and thank you for having such a positive impact on my life!!! ~ Justin Singletary

The TEEN GATEWAY has been a life-changing experience for me. I am very grateful for the opportunity to spend a week with a group of my peers interested in exploring all aspects of their consciousness. To explore these aspects of my own consciousness was a thrilling, enlightening experience. I enjoyed learning about parts of myself that I was not even aware of. I hold all of you in my heart in love and gratitude and, in my f opinion, consider this GATEWAY a huge success. ~ Lisa Dietrich

I was able to become more aware of my nonphysical self and to experience a new state of consciousness. The program served as a fun time but also served as an educational, learning experience. The experience I shared at the TEEN GATEWAY was extremely memorable to me and a voyage that I will never forget. ~ Kendra Lansing

We have certainly laid the foundation for these young people to continue to explore, experience, expand, and express the true essence of who they are. They now have the tools to turn their beliefs into Knowns. Both curiosity and the desire to search out new experiences have been kindled. Once again, the GATEWAY VOYAGE has opened the door to the inner, higher self and given participants the confidence to direct their thoughts, control their emotions, listen to their intuition, and grasp abstract concepts. These teens now have a head start on exercising their brains through the greater part of who they really are—spirit—that will serve them well on their journey through physical reality. Perhaps the echo of their awakening will be heard by the seventh generation!

The Most Important Day (*Winter 2000*)

THIS IS THE MOST IMPORTANT DAY OF YOUR LIFE,
BECAUSE IT IS NOW.
YESTERDAY IS THEN,
TOMORROW IS WHEN,
THIS DAY IS NOW.

~ Robert A. Monroe
MIND FOOD *Morning Exercise*

We all know the importance of being present in each and every moment, and we all know the difficulty of staying totally in the moment as thoughts of the future or past incessantly drift through our minds. So perhaps we need to reflect on the past and to consciously pattern our future with a compassionate vision. Setting time aside to do this helps us to stay present in the now.

Yesterday is then. The Monroe Institute is a product of continual evolution. We at TMI greatly appreciate the many people whose contributions through the years have insured the Institute's growth. The dedication of many friends who devoted time and energy to understanding the OOBIE phenomenon was crucial. One of those close friends, Charles "Charlie" T. Tart, PhD, stands out in my memory. While Charlie was an instructor in psychiatry at the University of Virginia School of Medicine during the mid-sixties, he would frequently visit our home for in-depth discussions with my father. They were studying Bob's OOBIEs in the university EEG laboratory. They developed a wonderful relationship based on mutual respect. Thank you, Charlie, for your friendship, your laughter, and your commitment to understanding limitless possibilities.

Many others in the past have made significant contributions to the Institute's growth: Dave Wallis in the lab, Nancy "Scooter" McMoneagle as executive director, Rita and Martin Warren, who monitored many *EXPLORER* sessions in the early days, Eleanor Friede as the publisher of *Far Journeys* and *Ultimate Journey*, and Helen Warring as our program registrar. Our gratitude embraces all who have played a role in bringing us to this particular "now," especially our Board of Advisors, the Professional Division, the original *EXPLORER* team, our trainers, many nonphysical friends, and you—our members. The list must also include all of the program participants who have shared their experiences with friends and family. Hearing their stories and truths has inspired more and more people to attend the *GATEWAY VOYAGE*® and learn how to "find out for themselves." What wonderful gifts we can give each other by sharing ourselves.

I recently attended the funeral of a former employee, Amanda Harris, who had worked in the kitchen. Those of you who knew her surely remember her delicious chocolate chip cookies,

friendly smile, and loving heart. Perhaps because she was content and happy with the past, Amanda just naturally lived in the now. Her minister noted that quality many times during his eulogy. Even Amanda's way of speaking emphasized the present. She'd say, "Now, we need to do this" or "Now, let's go here." In that spirit, I thank all of our employees for their many contributions and for their efforts to maintain the essence of "now" in their daily work. Through their actions, the wonderful TMI team supports our mission and vision.

Tomorrow is when. At what point does "when" begin? If when refers to the time or moment of an event, then we are creating "when" in this moment of now. So by patterning for the future in the present moment, we are actually manifesting the future "now." From that perspective, our actions and thoughts "now" are of utmost importance to "when." Although our manifestations may not appear immediately in physical reality (as they do on other energy levels), what we envision "now" becomes tomorrow's "when."

Knowing this, it logically follows that being what we are patterning for makes it not only the future but also the now. The outcome of being our own true expression of self and allowing ourselves to be whatever we so desire, is a joyful, happy, effective life experience, which produces positive and constructive results. Continuing to pattern in the present for a more compassionate society automatically creates more compassion "now." To be successful, our patterning must be integrated through all parts of our being—emotional, physical, mental, and spiritual. Through this integration we align our intentions to be all that we can be. Through gratitude for yesterday's achievements and appreciation for tomorrow's promise, we lift our consciousness to a higher level.

Remember, "**this day is now**"; you can use it and be it however you so desire." I invite you all to participate in the vision of a compassionate future—one of joy and happiness, one of being in service to others for constructive ends. Infinite resources of strength, courage, and wisdom are available for manifesting the highest good in this physical reality. Here and now, our limitless and infinite essence can unfold in full expression. As Bob would say, "Let this flow begin NOW."

Cocreating a Sustainable Future (*Spring 2000*)

“WHAT YOU CALL EMOTION IS ESSENTIAL TO THE BASIC LEARNING PROCESS. IT IS A SPECIFIC, OBSERVABLE RESULT OF EXPOSURE TO THE LOOSH/LOVE RADIATION. THEREFORE, IT IS THE DRIVING FORCE, THE CREATIVE ENERGY WHICH MOTIVATES HUMAN THOUGHT AND ACTION.” ~ Robert A. Monroe, *Far Journeys*

We have all experienced seeming coincidences in our lives. The more closely we observe these incidents, the more obvious it becomes that they are really creations of our own thoughts and feelings. The fact that you are reading these words is more likely to be part of a well-orchestrated plan from that which is far greater than our physical reality than a “coincidence.”

The powers of creation and manifestation reside within everyone; it is merely a question of learning and remembering how to use and control such powers. We can create what we need in our everyday world by bringing the energy of There to Here. To do so, we must know that the separation between There and Here is an illusion. The power of manifestation is the essence of who we are. Looking within, we rediscover the means to create our desired pathway to a future Now.

Our emotions fuel our ability to manifest our desires in this physical lifetime. Emotions and feelings—love, joy, fear, and anger—create both mental and physical reactions. Emotional fuel burns cleanest when our feelings are aligned with the higher vibrations of love and joy. Choosing this alignment attracts love and joy to us, mentally and physically. Emotions are our teachers. If we perceive our needs as being met, then we will broadcast positive emotions. If our needs are perceived as unmet, our emotional pains may manifest in our physical bodies. Therefore, it is crucial to listen to our emotions, own them, and know that we have chosen to entertain certain emotions as part of the growth process. The key is to experience and, subsequently, to learn to control and direct emotions and feelings.

Through exploring our inner world, we come to recognize that the magic resides within us and is always readily available. Several Institute programs expose participants to tools for creating their own futures. Our inner world is a reservoir of wisdom that can be utilized in every moment. This pervasive, connective element within each individual mirrors the creative web that bonds all life. Choosing to employ our personal energy in productive and constructive ways can lead to a better future for everyone.

At the 1999 Institute of Noetic Sciences Conference, I attended a session on The Pathfinding Project. The Pathfinding Project is “an opportunity to discover, envision and create new paths. It is a network of people connected by the common goal of creating a positive future and committed to transforming their own lives and the world around them.” It is an opportunity for all to envision a future that resonates with the heart and spirit. The project seeks to understand

the present state of the world, to visualize a positive image of the future, and to identify specific paths by which a more just, sustainable, and compassionate world can come into being.

People can make a difference. If we envision a future that is just, sustainable, and compassionate for all life on planet Earth, perhaps we will create it. Trusting our inner sources of knowing and utilizing the power within us opens the way to express the highest potential through our actions. Our inner qualities of being will illuminate our outer expression of manifestation.

Many signs of an emerging new worldview are present in our everyday lives, if we choose to be aware of them. If we hold the vision of a future that works for everyone—actually see it in our mind's eye—it will be our reality. Imagination must precede creation. Imagining and visualizing a future based on the fundamental values of compassion, justice, and sustainability endows all possible futures with those potential attributes.

Releasing the illusion of separateness and moving into an awareness of wholeness awakens us to the role of spirit in this physical dimension. Individually and collectively, we can then devote our creative energy to making a difference. I invite all of you to participate and to begin to walk the path toward a future that is just, sustainable, and compassionate for all.

The M Field: Limitless Potential (*Summer 2000*)

The more we improve humankind, the more our prospects improve. One major improvement is equal to one hundred minor ones.” ~ Robert A. Monroe, *Ultimate Journey*

Throughout *Ultimate Journey*, my father’s growing understanding of his true multidimensional nature was evidenced by his realization that his Inspec guides were really himself. This realization led him to delve deeper into his understanding of M Field energy. The M Field information had been given to him as a ROTE (Related Organized Thought Energy) so the task of explanation was even more difficult, especially given the magnitude of the topic and its implications.

Simply defined, the M Field is a nonphysical energy field permeating time/space—including our Earth Life System. This broad field of frequencies operates both inside and outside of time/space. The M Field contains all of the frequencies in LIFE, an acronym for Layered Intelligence Forming Energy. All life forms have specific vibrational frequencies that resonate with the intelligent energy that creates physical matter. All matter came into form through manipulation of energy by that intelligence. All matter is therefore subject to it.

The M Field also contains frequencies in the form of thoughts and emotions. According to my father’s ROTE, every thought that LIFE has ever had exists in the M Field. This concept is compounded exponentially because all of current LIFE (yours and mine in present time/space) is a very small part of the picture. Not only all thoughts from our current life, but also those from our past lives—human, nonhuman, physical, and nonphysical—are in the M Field. This vast, confusing mass of thought-form energy exists within the M Field, and even what I have described is but a small slice of the totality.

My father described the M Field as an interactive system. He thought that the Intelligence within and underlying the M Field continually influenced all life. We humans feel the influence of the M Field through an Aligning Receptor. During times of meditation, contemplation, or prayer, we are able to consciously experience this influence while in physical form. An individual’s awareness is in phase with or attuned to certain parts of the M-Field radiation. If it is out of alignment with a given frequency, nothing is received. The thoughts of others also impinge on us and affect us subtly through our Aligning Receptors. After all, in the M Field there can be no separation of consciousness.

According to information from my father’s I-There, a small handful of people who have lived on Earth at various times understood the principles of utilizing M-Field energy. Some of them were important political and religious leaders, but most of them went about their business unnoticed. Many could not explain their power to work “miracles,” but they did know that the key principle lay in an interactive system in which like energies attracted each other. Healing is

a good illustration. Whatever method a healer uses, it evokes a fundamental emotional response in the person being healed. That response may help the person open up his or her Aligning Receptor to the frequencies necessary for healing. Once a connection is established, the M Field simply resonates with the emotional response. This resonance of frequencies accomplishes the healing.

My father explored the M Field for several reasons: first, he believed that such a field existed and that its influence could be felt; second, he acknowledged that this energy is exchanged between humans in every relationship—usually without their conscious knowledge. Acquiring the skill to manipulate M-Field energy is part of why we are Here. Utilizing that energy Here is very beneficial to the portions of our consciousness There.

Perhaps it is time for us to recognize that we are mature enough to use this energy consciously, for the benefit of all. As science continues to uncover the secrets of physical life—from molecules and atoms to the human genome and quantum physics—my father's belief in the M Field concept may soon become a Known. Certainly, when this occurs, it will require a great deal of maturity on the part of those whose belief structures are affected to use the knowledge responsibly.

“The physical universe, including the whole of humankind, is an ongoing creative process.” If we have truly acquired the ability to use M Field energy, then we are poised to consciously create our own future by aligning ourselves with the highest frequencies. Group thought, especially when it is catalyzed by emotion, can be contagious and powerful. If we all envision a future that exemplifies unconditional love, compassion, and equality, then we will attract and resonate with frequencies that produce such a future. What does it mean to Know that we are all interconnected through the M Field? Each story in this issue is a personal account of tapping that inexhaustible reservoir of energy, with the potential to do so for the good of all LIFE.

Courageous Teens Voyage Through Time (Fall 2000)

“As a participant in time-space, you perceive it and it is a reality to you. If you have not perceived any other energy systems, they are not real to you. However, you must consider that you have done so, but they are not within your present awareness. It then becomes simply a matter of remembering.” ~ Robert A. Monroe, Far Journeys

Our second *TEEN GATEWAY VOYAGE*®, which was held in July, was extraordinary for everyone involved. Some of the fifteen participants had attended the first *TEEN VOYAGE* in 1999. By the end of the week, all of them were able to feel and understand the concept “I am more than my physical body.”

Observing the teens’ reactions and comments was quite revealing. For some, although their belief systems were strongly challenged, their youthful flexibility allowed them to remain open to the prospect of “remembering” their essence. Others felt that their experiences were imaginary and questioned whether they were “real.” As the trainers gently guided them to see that it is “okay” to use imagination, their acceptance of their perceptions broadened. They began to remember their true nature and to comprehend that self-love is essential for their growth and existence in this physical reality. With exposure to Focus 12 came the ability to sense and recognize that which lies beyond the physical.

A special tape developed just for them took the teens on a one-of-a-kind adventure to the year 2020. Looking back from the year 2020 put a different spin on what they were experiencing here at the Institute. During the discussion following that exercise, they realized that they could contribute to creating humanity’s future and become partners in creating their own futures as well.

Tuesday afternoon the trainers and I took the group on a field trip to Monticello, the former home of Thomas Jefferson. They were asked to simply be open and receptive to whatever came and—if it felt comfortable—to move into Focus 12 while walking around the grounds. One participant was startled to feel “a heaviness, a heavy weight” upon his shoulders. He couldn’t identify the source. We later figured out that he was walking down Mulberry Row, where the slaves had lived in the 1800s, when that feeling surfaced. Interesting... since he had no prior knowledge of the Monticello layout or the nature of his location at the time. Was the “heaviness” a reflection (and possibly a validation) of tuning in to the nonphysical energies associated with the slave quarters?

Later that evening, I was scheduled to do a radio interview. At dinner, I asked the teens what they would say to someone who had never attended a *GATEWAY VOYAGE*. They eagerly gave me their comments, and I shared those that follow on the radio.

“No matter what your problems are, this program helps you to deal with them.”

“It is a life-changing experience.”

“It’s a voyage into you.”

“It’s an opportunity for you to reacquaint yourself with the one who should be your best friend—
YOU.”

“It opened my mind; made me relax.”

“It clears the spiderwebs.”

“You make friends for life.”

At the end of the week we planted a tree together. The tree represented their strong connection to Mother Earth and their potential for unlimited growth. The inner strength the teens remembered during the week will always be theirs. They had come to realize beyond doubt that the real magic is found within them.

We are grateful to the parents who gave their children this opportunity for self-discovery. We hope that the *VOYAGE* experience will be a lifelong resource for the teens to tap into at need. Special thanks are due to each participant for having the courage to explore the greater part of who they really are. This group assuredly left an energetic imprint Here that will remain to encourage those who come after them.

A Premonition of Unity (*Winter 2001*)

The auditorium was full of people. They were even sitting in the aisles and on the stairways. My light-being friend was guiding me onto the stage. I felt an overwhelming sense of peace and acceptance. I asked, “What should I say to all these people?” With an understanding smile my light being whispered, “Speak from your heart for whatever you express will be accepted with eagerness and curiosity. You know what to say, how you express it is how it shall be heard.” With total confidence, I walked out onto the stage. I took a deep breath, smiled, and with great appreciation, I told my story from my heart to theirs. ~ Fall 1996 Journal entry - EXPLORATION 27[®] (Focus 34/35, The Gathering)

Ken Morita has been to most of our programs and has written three books in Japanese describing his experiences at the Institute and all over the world. He invited me to Japan to speak at the Funai Open World Conference, held in Yokohama, as well as to a smaller group of two hundred from his own organization. I accepted and arrived in Japan on September 1. Ken, his assistant, and our interpreter, Mayumi, greeted me at the airport. The other speakers, Ms. Sung and Dr. Shen from China, and their interpreter, arrived at the same time. Ms. Sung can make fried shrimp raw again, induce seeds to sprout, and photograph her thoughts through her third eye. Dr. Shen is researching her abilities at the University of Beijing.

Ken took all of us back to Tokyo to join Mr. Funai, president of the Funai Open World, for a traditional Japanese dinner. This well-known businessman is quite conversant with the nonphysical realm. He is a joyful soul and projects knowingness and great wisdom. The conference had opened that day, and the three of us were scheduled for a two-hour slot on the following day. As Mayumi and I reviewed my speech beforehand, I began to add to my planned remarks. This meant that she would have more to translate. However, Mayumi was very helpful and certainly knew how to go with the flow of things.

After setting up our slides and my computer, we waited backstage. The room was filled to overflowing with people in the aisles and on the stairways. There were over two thousand in attendance. Ken introduced Ms. Sung, Dr. Shen, and me. At the end of his introduction a slide of Ken and me standing before the fireplace at Roberts Mountain Retreat was left on the screen. Accompanied by Mayumi, I walked out onto the stage. Looking out into the audience, I felt a sense of peace that one does not normally encounter in front of a group of that size. I smiled and greeted my listeners with “Kinichiwa,” Japanese for “good afternoon.” From that moment on, I knew why I was in Japan. The feelings that swept over me matched those I had described in my 1996 journal entry. Had it been a foreshadowing? In any event, the part of me Here had needed to make that connection to understand the whole of me There. That

realization and integration of knowledge was essential for understanding the totality of myself. I turned inward and asked for a sign of acceptance.

At that point, the slide of Ken and me was still “stuck” on the screen. My new slide was on top of it. I whispered to the interpreter to ask the technician to fix it and continued. The audience was highly amused. I clicked to my next slide—a picture of my father with the Japanese version of *Ultimate Journey*. He was posed with his hand under his chin and the book was overlaid on the introductory slide. I surveyed the arrangement, turned back to the audience, and commented that my father had decided to watch over us. They had a great laugh, and the technician finally removed Ken’s original slide. At the conclusion of our presentations, we gathered on the stage and held hands. Ken expressed his wonder at having representatives of China, Japan, and the United States together in the same place and time, exploring that which is beyond space and time. A unity of experience and intention had drawn us together to share with each other.

My solo two-hour presentation to members and associates of Ken’s organization was scheduled for eight o’clock that night. I finished with a computer-generated exercise similar to a TMI lab session. The interpreter used a script I provided to guide the group while Hemi-Sync signals supported their expansion beyond the physical. Afterward, I asked if anyone had something to share, and a gentleman in the rear of the room volunteered. “I felt totally relaxed as if I was floating. Then I saw a very large pumpkin moving toward me. As it got to my face, it broke into pieces. Then another pumpkin, smaller this time, started to come toward me again. It also broke into pieces as it reached my face. But when the smaller one broke into pieces, there was a crystal in front of me. That crystal is the essence of me. This experience has set me free.”

This trip was magical for me in many ways. I am thankful to Ken Morita, his staff, and all of the conference participants. Everyone treated me graciously and warmly; their gratitude overflowed. Being with Ms. Sung and Dr. Shen—two wonderful souls with whom I felt an immediate connection—was a great pleasure. It is such a gift to be able to connect our nonphysical experiences and expressions through physical events that validate both dimensions. It seemed especially fitting to close my talk in Japan with this quote from *Harry Potter and the Goblet of Fire*, by J. K. Rowling. “Differences of habit and language are nothing at all if our aims are identical and our hearts are open.”

Breathing into Wholeness (*Spring 2001*)

Stanislav Grof, MD, is a psychiatrist with over forty years of research experience in non-ordinary states of consciousness. In 1973 he was named scholar-in-residence at the Esalen Institute in Big Sur, California. There, Stan gave seminars, lectured, and developed Holotropic Breathwork with his wife, Christina. At about the same time he met Robert Monroe, shortly after *Journeys Out of the Body* had been published. My father had been invited to Esalen to conduct the *GATEWAY VOYAGE*®—one of our first weeklong programs. Grof was impressed with my father's work and encouraged him to continue writing about his personal experiences, as well as the research he was conducting with sound and consciousness. It was my pleasure to meet Stan and attend the Holotropic Breathwork weekend workshop he conducted in Washington, D.C., late in 2000. He is a gentle man with a great deal of compassion for humanity. Stan's lectures and personal interactions with participants vividly demonstrate his far-reaching knowledge and his understanding of different states of consciousness.

Grof coined the term "holotropic," which means, "moving in the direction of wholeness." There are strong similarities between holotropic and what we refer to as "phasing." By phasing or shifting awareness beyond the limitations of the physical, it is possible to move into wholeness and remember one's true identity. In Holotropic Breathwork, the participants use accelerated breathing and evocative music to attain very powerful states of consciousness. Breathwork facilitators use bodywork as needed to assist in releasing any negative energy that is held in the cells of the physical body. The facilitator's only role is to support the process and provide a space for the individual's own inner-healing nature to transform the experience.

I introduced myself to Stan at the opening of the workshop. He indicated that he was pleased to meet me and quite interested to see how I would respond, given my years of immersion in non-ordinary states through our work at the Institute. The 120 participants were divided into six groups of twenty each. There were two facilitators per group. It was surely not coincidental that one of my facilitators had attended TMI programs. He was excited about my opportunity to experience Holotropic Breathwork and eager to observe how my process would unfold. Each session is two and one half to three hours long. As the breather, you lie on the floor in a comfortable nest constructed from sleeping bags and pillows. The "sitter" is your partner and stays with you throughout. The sitter's role is simply to be there for you and support you in whatever way is most appropriate. My partner wanted me to breathe first, and I readily agreed.

As we snuggled into our cozy nests, Stan led us into the beginning of our breathwork. He instructed us to breathe faster and deeper and to create a continuous circle of breath. By doing so, I quickly found my breathing rhythm and entered a state of deep relaxation. The music was designed to "drive" the experience and was well suited to that purpose. At first it was uplifting and flowing, increasing in power as the session progressed. I entered into the flow and surrendered to my own inner process with total trust in its wisdom.

Initially, I felt tension being released through my hands. As the music intensified, I moved into an expanded state of awareness that resembled Focus 12. Feelings of total, unconditional love and connection to everyone and everything in the room flooded through me. We were one whole; there was no separation. As some participants experienced profound emotional release, I projected compassion and love to them. My awareness expanded beyond the room into other dimensions. As the music built to a crescendo for the “breakthrough” stage, I realized that I was in Focus 27. My state of mind was buoyant and peaceful. The breathwork effects were extraordinary. At the end of the session Stan knelt beside me and smiled. I hugged him with an overwhelming sense of appreciation for his work and my father’s. A little later we drew mandalas to represent different aspects of the session and brought them with us when the whole group reassembled. The facilitators did not interpret. They simply held the space for honest and open sharing. Each participant deepened the experience through his or her personal interpretation.

The work of Stanislav Grof and the work of my father have much in common. Both the Hemi-Sync process and Holotropic Breathwork engender profound non-ordinary states of consciousness. Both are capable of evoking healing on many different levels. As we continue to explore the realms of consciousness, it is evident that a shift is taking place in our world. Stan suggests that “a radical inner transformation of humanity and a rise to a higher level of consciousness might be humankind’s only real hope for the future.” I know that we at the Institute are helping many people to achieve the inner transformation that is necessary in order to flourish in that future. Please share your stories with others so that they, too, may remember their true identity, which exists beyond this physical reality. As each one of us remembers our wholeness, the possibility of a future embraced by harmony, balance, and unity increases exponentially.

The Feeling is the Healing (*Summer 2001*)

In late January, Jim Greene was unexpectedly diagnosed with esophageal cancer. He is a very special friend to many members of the TMI family and an avid supporter of the Institute. While he was a Professional Division member, Jim was instrumental in developing the *POSITIVE IMMUNITY PROGRAM*. When we heard the news of his illness, everyone immediately rallied to help him through the next couple of months.

After considering advice from friends and obtaining a second medical opinion, Jim chose surgery. The procedure was classed as difficult, but his doctor at the University of Virginia Medical Center had performed over a hundred surgeries of that type and assured Jim that he had made the right decision. Once the date had been set for February 19, members of the Dolphin Energy Club were alerted to begin sending healing energy. A dear friend trained in Healing Touch happened to be at the Institute that week and offered to do a pre-surgical session with Jim. Because the session was so powerful, she returned on the nineteenth and gave another treatment just before he entered the operating room. The hospital staff graciously provided a private room for them. Between the healing support and the *SURGICAL SUPPORT* tapes, Jim was well prepared mentally, emotionally, and spiritually to face his challenge.

After the seven-and-a-half-hour surgery, Jim was moved to intermediary care and all seemed to be going well. Then, two days later, he began to have trouble assimilating the oxygen in his blood. He was put on a respirator at once and transferred to intensive care, where he lapsed into a coma. His physicians began to fear that he would not survive. On that particular Wednesday night I was getting ready for bed and decided to try to help Jim. Lying in bed, I went to Focus 27 and asked all those whose wisdom and experience is far greater than mine to bring forth the requisite healing energy. As I focused completely on receiving whatever my friend needed, the room actually began to get brighter, as if a white light were filling it up. The lights were off, but the room continued to brighten as I strengthened my intent. My excitement was growing as I again asked for assistance—this time to surround Jim with the white light. I easily pictured him in my mind and actually saw him lying in his hospital bed. I both felt and saw the same white light that I was experiencing totally envelop Jim.

Jim was moved back to his private room on the following day. He later said: “Many people asked me ‘what I remembered while I was in extensive care. I was basically in a coma, and the doctors did not think I would come out of it. All I could remember was being surrounded by a bright, white light. I felt as if I was floating within this light. I didn’t see anything else, only the bright white light.” The usual hospital stay would have been two weeks. In this case, he was discharged only nine days after the operation.

Reports from the DEC members agreed with Jim’s perceptions, offered evidence of unknown details, and recognized his inner strength, as illustrated in these examples:

“All I could perceive was a white light. I felt like I couldn’t penetrate it.”

“I perceived very strong, vibrant sensations of white light throughout the DEC exercise, and felt that Jim’s person was very close to mine.”

“The physical body map showed a red-gray oval on the right side of the upper esophagus one quarter of the way to the stomach and another red-gray oval near the entrance to the stomach. [Stomach involvement was discovered at the time of surgery.] The emotional body map appeared to be ... a deep, rich, royal purple. The mental body map had no dark or off-color areas. My impression is that Jim is in good shape in every respect and ready for this challenge. As I thought about placing him in a REBAL to insulate him from undesired outside energy and dislodge the roots of the tumor issues, the Dolphin divided into three and each one affixed a bright orange beam from its forehead on the mass. It began to change color, then disappeared altogether, leaving a fresh-tissue pink oval on the side-wall of the esophagus. The physicians will find a growth they had missed in the workups, but the removal of all the growths will go better than expected and recovery will be swift and complete.”

“My DEC dolphin swims and gulps dark spots scattered throughout the physical body, beginning at the lower body then taking off toward the heart. Gray particles like moon dust are devoured by DEC until light comes through Jim’s head and fills what had been dark gray.”

“Have you had a change in appetite or foods that appeal to you? Your favorites may have changed or don’t have quite the same appeal. Also, have you recently started radiation therapy? I had a sense of fatigue today. [Jim’s response to both questions was “yes.”] You impress me as a very intuitive person with the tools and abilities to effect major changes in your life. You are well aware that you are the one doing the healing, and outsiders act as catalysts at best.”

Jim’s remarkable recovery has surpassed all of the medical community’s expectations. On the last day of hospitalization, his doctor came in and sat on the edge of the bed. Staring at Jim intently, he finally said: “You know there is something happening with you. I have felt it all week. Every time I come into your room, I feel so much love surrounding you.” He called Jim his “miracle man” and inspiration. The doctor had just learned that he himself had prostate cancer and had decided to take six weeks off to rethink his direction. “DEC, in my opinion, had somehow touched him and altered his perceptions—helped create a surprising bond between us,” remarked Jim.

Two weeks after surgery, doctors gave the go-ahead for the restaurateur and his partner, Stu Mills, co-owner of Bistro 151, to fly to Las Vegas, Nevada, for the final judging in the annual Pizza Festival. The trip and taking second place in the contest were big morale boosters. “The doctors are shocked at how well I’ve done. I am way ahead of the healing process,” he later told a staff writer for the Nelson County Times. Jim is currently receiving both chemotherapy

and radiation for possible metastases. His own indomitable spirit, plus ongoing healing energy from the DEC group and friends, allow him to continue with most of his normal activities.

It is a pleasure to share this validation of TMI's healing outreach efforts. The wisdom and love energy from all of the helpers—both physical and nonphysical—enabled Jim to raise his vibration to another level. At that level, infinite possibilities exist. At that level, recovery is much faster than normal. The doctor's words confirmed that he and his staff felt the love, which is the energy of all of us. Perhaps the loving feeling itself was the essence of the healing. By allowing ourselves to feel love, we connect with All That Is. Jim sends his thanks to everyone and enfolds you in his love and appreciation.

An Open Letter to The TMI Family - September 11, 2001 (*Fall 2001*)

As I write this, it has been seven days since the tragic terrorist attack on America. Many of us are still in a state of shock or disbelief; many of us are still searching for our friends and loved ones who are missing. The overall energy is chaotic and frantic on the outside, but somehow, there is a sense of centeredness and organization on the inside.

There have been comments about the messages within the event itself. The words connected with the attack—American, United, World Trade Center, and Pentagon (a pentagon has five sides and angles and five means change or transition)—are symbolic. Symbols have meanings, but perceptions of those symbols can differ. Perhaps the most important words are “center” and “united.” Now it is time for us to remain in our center, in our hearts, and, as Americans, stand united with each other and those around the globe who choose to stand with us.

The world is changing and our part is still unfolding. It is critical to go through the process and acknowledge our feelings without anchoring our spirits in negative emotions. If we call on our nonphysical friends, our guides, our higher selves, and the divine that is within us all to assist us through this time, we will be able to forgive. Once we are in a state of forgiveness, our sight will be clearer and our intentions will be more effective. It may take some time for many of us to attain forgiveness, but know in your hearts that it is possible. Please have patience with yourselves.

I hope those of you who are experienced in retrievals will continue to do whatever you can to assist those souls who gave their lives in this disaster. Many of you are already doing this, and our combined efforts have created vortexes over the disaster sites that are opening the way to Focus 27. The helpers and guides appreciate your work and ask that you continue to offer assistance and support.

At this time, I would ask that all of you simply remain centered in your hearts and connect with all your loved ones. It must start with each one of us and ripple out to our families, friends, coworkers, communities, states, countries, and the world. If we each do our part in this crisis, we can co-create a future of unity and compassion. Send your healing energy to our leaders and to those responsible for this terrible act, so that they too may become centered in their hearts and make decisions in the best interest of the future of humanity.

It is time. It is time for us to use the tools we have been given through our work at the Institute. It is time for us to direct our energies in a constructive way to manifest a peaceful global community. It is time for us to live through love rather than fear. It is time for all of us to have compassion for our fellow human beings. It is time for us to express this love in all we do. It is time for us to Be this love and bring forth the light to all who remain in confusion. It is time for

us to know that we are all one. It is time to choose. I ask that each of you choose love and—in the words of John Lennon—” imagine all the people living life in peace.”

God bless you all. God bless America and our Mother Earth.

Transcending Negativity (*Fall 2001*)

Negativity enters the lives of each of us at one point or another. Negativism seems to be part and parcel of the Earth-school learning process. Among the many lessons, perhaps the most important one is learning how to use negativity itself to confirm that we are truly connected with that which is much greater than our physical perceptions. We are inseparable from the whole. This synergistic, cooperative state of being is influenced by human will and divine grace.

These reflections were inspired by a recent situation in which a former employee made numerous degrading verbal and written comments about The Monroe Institute and me. That individual put those comments in a letter to many who have been TMI supporters for years. On first reading it, I was overcome with shock. How could this person, who we had trusted and considered as a friend, make such angry statements? How could that person make such accusations? What had I done to deserve such an attack? My journey became more intense and my emotions less controlled as I searched within. It became obvious that I was playing out the “victim” role. I knew that the personal meaning of the situation had to be processed in order to move beyond it.

Then, while driving in my car I listened to one of Caroline Myss’s tapes from *Advanced Energy Anatomy*. She talked about betrayal and offered the following advice: “You might experience betrayal in the following of Guidance, and it may sometimes be that an act of betrayal is the exact act that gets you on your way. When you feel that life has betrayed you, or someone has, it is in your best interest to step back and get as impersonal about that situation as possible and put that very painful experience within a spiritual context and say ‘What am I supposed to get out of this?’ Then just keep going, don’t look back. Whatever you do, don’t anchor your spirit in this experience.”

Rationally, I knew that what she said was true, yet it was difficult to immediately move through and beyond my swirling emotions. The words “...just keep going” and “...don’t anchor your spirit in this experience” kept ringing in my mind. How do we move out of the victim role and beyond ego to surrender to our true spiritual path? How do we stay aligned with our spiritual vision?

Once I began to get a perspective on the ego-driven motivations behind the betrayal, I was able to open my awareness to much more expansive possibilities. I understood personally and in greater depth, the many ways that the shadow within all of us can express itself. I also grasped the importance of being objective and listening to guidance. The results have been transformative for me. I am converting the negative energy into a positive direction and using it to renew my trust in the process. By letting go of ego desires, my learning can occur through the wisdom of the higher frequencies of spirit, rather than through fear and doubt. In transcending fear, I am able to integrate and transmute the experience. Acting from a place of

love, forgiveness*, clarity, and compassion also allows those around me to align with the forces that will bring us into harmony.

When seeming negativity manifests in our lives, it is always an opportunity to look within. Whether we are consciously aware of it or not, every action is co-creative and each thought is a co-creative mechanism. By detaching from the personal aspects of an incident, we become able to adopt a spiritual perspective. Doing this may take all of the available support and help of your closest friends, as well as profound trust in your own guidance. Guidance will not tell you “why” and it will not tell you the outcome. It will only show you the appropriate path. It is up to you to take it. Truly surrendering to where I am in the moment was a major part of this for me. I realized that negativity blocks progress. Individuals who are not aligned with integrity and truth and do not feel accountable for their actions will pursue their desires without regard for others. With this knowledge in mind, I turned to my guides and asked for their protection, healing, and assistance. If you are looking for answers or striving to increase your spiritual understanding in life, always remember to call upon the higher power deep within your innermost heart. This may be described in many ways. I refer to it as calling on my angels. When you find yourself dealing with people operating on a lower level of consciousness, send them love and light or ask those powers in the inner realms to assist you in transmitting that energy. However you conceive of this process, I assure you that it is real. If you trust, it will work for you.

Perhaps the most important lesson I have gleaned from this episode is to maintain my own enthusiasm for life and for the work we do at TMI. The loyalty and commitment of the employees within our organization has been evident through their actions. Also, many of you out there have written to express your support and love. Your dedication and loyalty are pillars of strength, and I appreciate each one of you. Let us continue to be one with spirit and aligned with our purpose and vision of raising the consciousness on our planet to a more productive and loving state of being. In times of personal, national, or global crisis, it is challenging to stay centered and focus positive intention. The following prayer shared by a personal friend who is also a Unity minister may help. “Loving Spirit, bless (insert name) in whatever it is that You know he/she may be needing this day! Fill (insert name)’s life full of your peace, prosperity, wholeness, and power, as he/she continues to have a conscious relationship with You. Thank You, Spirit. And so it is. Amen.”

** An August 31 article by Marilyn Elias in USA Today suggests, “Learning to forgive can benefit the forgiver.” Evidence from a program developed by Stanford University psychologist Carl Thoresen indicates that “... giving up the right to be aggravated and angry, and the desire to strike back” has profound health benefits for the person doing the forgiving. By relaxing rigid rules for others’ personal behavior, looking at painful incidents from the other person’s viewpoint, and moving from blame to acceptance and then forward into the future, those who*

forgive see “stress, anger, and psychosomatic symptoms—headaches, stomach upsets, etc.—go way down.”

Entering a New Cycle (*Winter 2002*)

Our work and research at the Institute are meaningful only if they can be reduced to practical application, to 'something of value' to the participant." I hope that those of you who have attended one of our residential programs will pause for a moment to remember that experience and how it has affected your life. Please take a moment of silence and do this now.

The world we knew has changed irretrievably in the past four months. It is no longer possible to take our security for granted or depend on others to take responsibility for us. We must assume responsibility for our own lives. Many of us have also realized that our time on Earth can end abruptly and unexpectedly. Some of us have reprioritized our lives accordingly and have begun to reevaluate their true meaning and purpose. It is apparent to most of us that it is time to make a difference in the world and in our communities, but we may question how. What can individuals do to have an impact on world events?

Perhaps the place to start is "at home." As each of us looks within and recognizes his or her soul's purpose, our current path is revealed as a very small part of the journey. Granted, it is an important part because the distilled meaning of the learning experience Here is all that we take with us on leaving the physical plane. Knowing we chose to be here now, at this particular point in history, is evidence that simply by being present we are making a difference for those who follow us. So the first step on the path is a journey inward. As the memory of who we truly are grows stronger and stronger, we are empowered to share that memory with those around us. We do so by simply BEING what we remember, by conducting ourselves in alignment with our true nature.

Certainly, one way to open to this remembrance is by participating in the GATEWAY VOYAGE®. In the safe haven created by the VOYAGE, participants form deep bonds with one another and acquire the skills and resilience to triumph over life's toughest challenges. Life-changing insights open their hearts to wholeness. They also gain a deep sense of inner security and confidence through directly knowing they survive physical death. That knowing shifts one's perception of physical existence. Compassion and service to others become a way of life. Through serving others, ultimately we also serve ourselves.

If you have not attended the GATEWAY VOYAGE, I encourage you to do so. If you are already a program graduate, please consider gifting a friend or loved one. Such an opportunity for revitalization and renewal would be "something of value" to last for a lifetime. Of course, a gift's worth is not measured by its size or its cost. We have received a wonderful response to our recent donation letter—a flood of small gifts that are appreciated more than I can say. So give a book, share a story, or treat a stranger with compassion. Giving of ourselves can bring the collective into balance.

In November I had the opportunity to give a presentation at the Prophets Conference in Florida. My fellow presenters included respected visionaries such as Edgar Mitchell, Greg Braden, Barbara Marx Hubbard, Ilona Selke, and many more. Each of them delivered messages of courage and inspiration. After listening to the speakers, one conference delegate said, "I felt that last weekend really was one of those defining moments in life when you see more clearly how to go forward and the importance of active commitment."

The vision statement of the Prophets Conference, as quoted from their Web site at <http://www.greatmystery.org>, is pertinent to the themes developed in this article.

"Many, and possibly most of the ancient teachings handed down to us from all parts of our planet, have called for a time when a fundamental, all-encompassing change would envelope us. Some placed this forecast in stone and specified this current time of our being as the time for this opening into an inexplicably unifying cycle.

"As our kind breaks free of the stultifying bonds of cultures no longer found suitable for our evolution, we find solace, renewal and understanding of our place by looking outward through our sciences and inward through our spirits. Our spirits often find newness in the ancient, and our minds often find insight in the rational.

"Taking this freshness to our hearts, we create individually and in concert, and we place a new cycle of realization in motion. The techniques we request present themselves and we call to others to join in the magnificent adventure, and to use what we have found, and then to always find more.

"We bring together the formally hidden with the newly discovered. We find linkage and commonality between the shamanic and the scientific, the anomalous and the certified, the immanent and the transcendent. From cautiously looking into our houses of mirrors we begin to find and then bravely move into multitudes of splendid definitions."

As we move into the New Year, I encourage you to turn inward to your spirit and invite you to reflect what you see outward to co-create a new cycle of realization. Your enthusiastic participation will encourage others to look beyond appearances and embrace the unifying cycle we are entering. Through resonance, others will feel what you are expressing. That feeling is the gateway to All That Is. By taking a moment to be still and listen to our hearts, perhaps we will BE what we are seeking to express. Through that being we will "make a difference" and give "something of value" to all who share our life journey.

The Adventure of Consciousness and the Spirituality of Being Human (Spring/Summer 2002)

In this FOCUS, we are combining the spring and summer issues and we are enclosing two quarterly tapes. We hope you understand that this will help us reduce our printing and mailing costs for this year. Fall will also be an expanded issue and will include two quarterly tapes. As always, we appreciate your support and dedication to our work.

Shirley Bliley, editor of the FOCUS and JOURNAL and DEC coordinator, has been ill for the past two months and recently had a hospital stay of two weeks. Many of the DEC members participated in helping Shirley through this time, and we appreciate your sending her lots of love and healing energy. Shirley is home now and we hope she will be able to return to work shortly with her dedication and tenacious work ethic.

The Professional Seminar, which was held March 9 through 13, was a great success. We had sixty attendees, and Marilyn Schlitz, director of research for the Institute of Noetic Sciences, was our keynote speaker. All of the presentations were excellent and informative. It is wonderful to hear so many inspirational and exciting stories regarding the use of Hemi-Sync®. I feel this is indicative of a growth trend for TMI as well as of the widespread recognition and use of Hemi-Sync.

The following is an excerpt from professional and Board of Advisors member Ronald Russell's talk. "The work of Bob Monroe was not to devise any sort of theory of consciousness but to explore consciousness. As an explorer he sought to create maps of the territories that he personally explored. He was convinced that focused consciousness contains definitive solutions to the questions of human experience. I've vainly been seeking a description of consciousness within science. Instead, what I and others have to look for is the description of science within consciousness. We must develop a science compatible with consciousness ... a primary experience. The gift of Bob Monroe provides the opportunity, if we want to take it, to move into that open country on the map, to break through limitations and become free. He gives us the tools and equipment that we can use to make our own exploration and discoveries. When we come here for courses, we move away from our everyday existence into a sort of magical realm, a realm we can explore and enjoy where linear time becomes irrelevant and space expands and contracts as it happens. When I went home after my first *GATEWAY* course, I noticed that TMI is described as an educational and research establishment. I wondered about educational. What was taught? I realized that was the wrong question. The real question was "What was learned?" Not all of us will give the same answer to that question, but all the answers will relate to the unlimited power of consciousness."

Years ago, there was little reference to the work of the Institute or Bob Monroe. Today, things have changed. There are references to Monroe's work in many books, such as Christopher

Bache's *Dark Night, Early Dawn*. There are a host of books by authors such as Joe McMoneagle, Frank DeMarco, Joe Gallenberger, Rosie McKnight, Bruce Moen and Ronald Russell, published by Hampton Roads Publishing Company, that reference the work of the Institute and Bob Monroe. For more information on these books, please visit their Web site at <http://www.hrpub.com>

Unfortunately, last year was a difficult year for TMI. We felt the effects of the economic recession, which resulted in the cancellation of ten programs in 2001. In contrast, the events of 9/11 did not affect our program enrollment; it simply affected participants' travel plans. We found that many people were taking the extra time to drive rather than fly.

We currently have thirty programs on the schedule for the balance of 2002. We need your help in filling these programs. You can make a difference in someone's life by recommending the *GATEWAY VOYAGE* and sharing your experience as a graduate of *GATEWAY*. As a member, if you have attended *GATEWAY*, you receive a \$200 discount on any graduate program of your choice. We hope you take advantage of this offer this year.

You are a part of the transformation that is occurring on this planet right now. Each one of us chose to be Here now to take part in this evolution of consciousness. It is up to each one of us to make a difference in whatever way we can. How do we make a difference? Perhaps in sharing your experiences with others, they will recognize a part of them within the experience itself. We all can act as mirrors to one another and through that process we can live the universal mind. If we are all one on some level, then it would be natural that we can connect on that level. I had someone ask me recently, "Is our being here about constantly seeking that spiritual state or are we truly here to have a physical experience—knowing that awareness of our spiritual nature?" I thought about it for a moment and told him that being spiritual is a personal perception. What you feel within your heart is your expression of your own spiritual nature. One needs to do what feels right—that could be a walk along the beach, sitting in the woods listening to the sounds of nature, or going to a church. Whatever brings you closer to the source of who you are is your own expression of spirituality.

Once you feel that connection, simply express it in your daily life through your thoughts and actions. At the same time, find pleasure in being human and understanding what it means to be human. Remember we are truly spiritual beings having a human experience. Enjoy the journey.

I would like to thank each one of you for your participation in our work at TMI and for being a part of the TMI family. Those who have participated in our programs know the value of your experience. Through your own direct experience, you know the essence of who you are and your expression of it can be felt by those around you. This knowing of self is so important in these times we are living in. Through our divine expression, we can make a difference and

give back something of value to those who follow us. Thank you for your continuing support of TMI and your dedication to the evolution and exploration of human consciousness. See you in 27.

A Time for Gratitude (*Fall 2002*)

As this year comes to an end, I find that I am grateful for all that I have experienced. I have learned a great deal from the many relationships that have been and are a part of my journey here, and the most important lesson is that of love. I can have compassion for one who has been negative to me personally, I can have understanding of the fairness that is needed on many different levels, and I can love those who are simply being who they are in this physical journey. I have found that love, compassion, and our precious memories remain with us as we leave this physical plane. This was demonstrated to me during the dying process of my dear friend Jim Greene. It was a gift to be with him and support him with love during his transition. His memory will live on forever in the hearts of those who knew and loved him.

I am most grateful for The Monroe Institute's new collaborative relationship with the Institute of Noetic Sciences. As a strategic partner, we will begin to offer the GATEWAY VOYAGE at their retreat center in Petaluma, California. The first VOYAGE will be held November 30 through December 6, 2002, and three are scheduled for 2003. IONS's vision is "a global wisdom society in which consciousness, spirituality and love are at the center of life." Their mission: "by 2010, create transformative lifelong learning programs essential for living in the 21st century, grounded in rigorous research on extended human capacities." The term noetic is from the Greek word meaning intuitive knowing. To quote Willis Harman, president of IONS from 1978 to 1997, "The goal is creation of a similar body of knowledge, empirically based and publicly validated, about the realm of subjective experience. For the first time in history we are beginning to create a growing, progressively funded body of established experience about humanity's inner life—and particularly about the perennial wisdom of the great religious traditions and Gnostic groups. For the first time there is hope that this knowledge can become—not a secret lost in dogmatization and institutionalization, or degenerating into manifold varieties of cultism and occultism—but rather the living heritage of all humankind."

The synergy between our organizations will enable many members and participants to explore further their own inner world as we move toward a wisdom society. Whatever we become, however we change, knowledge and wisdom will lead us to our higher purpose and goals. The GATEWAY VOYAGE offers the tools to enable us to remember and recognize our own capacities to understand and truly know our spiritual natures in relation to the world. I encourage you to become a member of IONS, but first explore their Web site at <http://www.noetic.org> and get to know them.

World events have made this year difficult for all of us in many ways. If we can remember that earth is a learning school and that all we experience is a part of the plan, we can understand more clearly the meaning of our pain and the emotion behind it. If we truly understand that we are more than our physical bodies and that this physical life span is a blip in the larger scheme of things, perhaps we can process our grief more effectively by translating the emotion to a

much higher and greater vibration. Those of us who have lost loved ones know that their love is as firmly melded into us as our love is melded into them. Death is only a physical separation—no more.

As this year comes to an end, take time to reflect on all that has happened in your life to date. Find at least three people, events, or situations that you are grateful for in this moment and express your gratitude. Let someone know how you feel. Part of our homework in earth school is to share our thoughts and experiences with others so they too may learn something from our sharing. Our life experiences are similar yet unique. Whatever the experience, if we share it with someone, the wave of energy begins and it has no ending—it is continuous, just as we are.

Being in The Now (*Winter/Spring 2002*)

I invite all of you to ask yourselves—how do I want to Be? How do you want to Be with others? Do you want to be loving, compassionate, and generous? However you choose to be with another is how he or she will be with you. Whatever we are projecting in thought, action, and behavior will be mirrored back to us through our connection with All That Is. The nature of this connection is described perfectly by Ken Wilbur in his book, *No Boundary*: “When the individual truly sees that every move he makes is a move ‘away,’ a resistance, then the entire machination of resistance winds down. When he sees this resistance in every move he makes, then, quite spontaneously he surrenders resistance altogether. And the surrendering of this resistance is the opening of unity consciousness, the actualization of no-boundary awareness. He awakens, as if from a long and foggy dream, to find what he knew all along; he, as separate self, does not exist. His real self, the All, was never born, will never die. There is only Consciousness as Such in all directions, absolute and all-pervading, radiant through and as all conditions, the source and suchness of everything that arises moment to moment, utterly prior to this world but not other than this world. All things are just a ripple in this pond; all arising is a gesture of this one.”

If we can dissolve the illusory boundaries that we have created through our own stories of the past, then we can live fully in the present moment and create a future that moves toward us moment by moment. Our ways of being can be used positively to create a more open environment. The way we are exerts a subtle influence. We all desire to help others transform themselves, and we all know that people respond to who we are far more than what we say. Through engaging the circumstances of the moment, we can approach life by proactively being the creative response itself.

Amplifying this creative energy in unity has the potential to transform those we encounter into something newly expressed. We must do our best to be authentic in our self-expression and to remember that one person never brings about transformation. There is a continuous feedback of change within relationships. We are all part of the whole. Our feedback allows others to act in truth and transform the consciousness of humankind. Perhaps this is lofty thinking, but I truly believe that as individuals in alignment with the whole we can deeply and subtly influence the world. Each of us is an aspect of the collective consciousness, the unity consciousness of the universe.

If we understand how personal perceptions and thoughts control our interactions, that understanding will enable us to move beyond such restrictions. And doing so creates an opening for our relationships to move to a greater and deeper level of understanding.

Don't put too much emphasis on who deserves credit, who is right, and who is to blame. It is all a process, and that's what's important. Life is not about getting credit, being right, and assigning responsibility. We are responsible for our own lives. Suspending our judgments and opinions, really listening to each other, and letting go of our need to be right opens the way for change and a new view of life emerges. Like a butterfly shedding its chrysalis, we spread our wings and embrace the transformation as the constraints of the past disappear. Our own transformation has enormous impact on those around us.

I recently found a 1978 issue of The Explorer—one of the first Monroe Institute newsletters. The following is an excerpt from one of the explorer sessions published in that newsletter. The Monitor asked the Explorer, "How can we be and act in the earth environment?"

"Dependence upon another mortal being, no matter how large or small his role may be in your life is, again, building a false structure, irrespective of the interaction and the seeming balance. Man must go back and realize that he was born alone (as a soul emerging into this life ... no one can do it for him, and the same is true at death). Your strength does not come from clinging to someone or something external but your strength is of the light from your own Source. This is the only answer to detachment. Setting your brother free is truly a gift of love on the highest level. Expect nothing from anyone. In the past your own thoughts and needs have prompted him. The joy expressed by his new freedom will create another type of relationship, far more satisfying, due to its having evolved to a higher octave.

"Bear with your pain as the breaking up of the old takes place, recognizing it for what it is. As in the macrocosm, so in the microcosm. As in the outer, so in the inner. If man's physical or material world changes are taking place, does it not follow that earthshaking changes must take place within the individual as well? The same is true in reverse, as you learn to deal with your changing concepts and mental out-picturing of thought. It lies within man's potential to literally change his world both without and within if he only understood and utilized the creative power of his thinking."

By continuing to explore and experience the multidimensional aspects of ourselves, we will become more self-expressed. By sharing our thoughts and experiences with others, we will assist transformation of humanity to a much higher level. Moment by moment be present to how you are with those around you. Be a possibility of transformation to all those who know and love you, but most of all, be that possibility for yourself.

A New Chapter Opens (*Summer/Fall 2003*)

A chapter is at its end,
Emotions are on the mend.
Whatever happened in the past
No disparaging remarks are cast.

Through our spoken word
We only needed to be heard.
For understanding and compassion we yearned
“Let go of being right” is the lesson learned.
With this lesson comes a healing
Known only through our innermost feelings.

We are all divine beings,
With different ways of seeing.
By putting egos behind,
It's our soul we truly find,
And on the level of soul
Nothing takes a toll.

With the clearing of the past,
The flame and passion always last.
To stand for what we know is true
And BE what we say we do.
Open to limitless possibilities of now
The divine within will show us how.

Laurie A. Monroe
October 2003

Love Is the Answer (*Summer/Fall 2003*)

What are we becoming? How are we being with our fellow travelers in this physical reality? It's clear that we are at a crossroads and the choices we make are vital to the future generations on this planet. How can we contribute individually and through group participation as humanity evolves?

I recently attended "Awakening a Global Vision: Collective Wisdom and Spiritual Activism," a conference sponsored by the Institute of Noetic Sciences (IONS) and the Association for Global New Thought. This stimulating conference expanded on the theme of humanity's movement toward a culture of wisdom and compassion, cooperation and collaboration, personal practice and accountability—a culture that will bring our inner world into alignment with our outer world. James O'Dea, the president of IONS, shared his insights on the significance of the gathering and invited us to explore what we can see "in the mirror of our time." His profound message guided us to a realization of what it means to awaken to a much deeper level of awareness.

James said: "We know that our task is to speak our truths at a new level of vibrancy and clarity. And our questions must also reflect what it means to activate the depths of consciousness and spiritual awareness. What is real? What is sustainable? What is a global vision that incorporates a science of healing and expanded human capacities? We have come together in the belief that a new planetary civilization, sourced by our diverse and collective wisdom, is possible and to assume a new level of responsibility for its birth." Participants left with a knowing that together we can make a difference in the future of humanity and planet Earth. It is our choice to take a stand for a future that is just, sustainable, and compassionate. The decision to do so rests with each individual.

I also had the honor of speaking at the Prophets Journey Conference in Sedona, Arizona. The conference advocated a "vision supportive of a paradigm of spiritual creation and consciousness, and a world that manifests the highest of spiritual and human values." Many wonderful presenters eloquently inspired us to "rethink and reshape our collective future." The theme, "Creating Solutions," developed through the weekend as we explored our own evolution through awakening to the spirit that resides within. Participants immersed themselves in a wealth of knowledge for making a creative difference in everyday life.

We are all standing at a Gateway to a higher level of knowing. If we are open to receive from higher levels of consciousness, the solutions we are seeking will present themselves. My father said, "Focused states of consciousness contain the solutions to human existence." Perhaps this is the key. If consciousness has field-like properties and exists as a unified, omnipresent field, then it contains all information: past, present, and future. Focusing on

different areas of the field brings that information into the present and allows us to become cocreators. Exploring higher levels of consciousness always raises the vibration Here. It is a good idea to periodically ask yourself, what is going on in my life right now and what must I do to amp up the vibration?

On our travels along the path of transformation, we begin to understand that the journey to limitless possibilities starts and ends with each of us. Making a difference through our daily choices and actions depends on committing to take personal responsibility for our future. Our actions must arise from our deepest spiritual source in order to be fully and authentically expressed. Self-understanding paves the way to creating a world that works for everyone.

My personal high point at the Prophets Journey Conference was a conversation with Baba Ram Dass. I told him about contacting my father soon after his death in March 1995. That first encounter was warm and comforting; Daddy was just as I remembered him from my childhood. We continued to “see” each other over the years. At our last meeting about three months ago, Daddy had changed. Our connection was as close as ever, but he had expanded beyond the human personality I’d known. Ram Dass wasn’t surprised. He explained that the bond with our loved ones is eternal and the love connection transcends time and space.

Love is a power and an energy rather than an emotion. Love is an energy of harmony, balance, wholeness, and oneness. It overflows with creative power. Love is our very essence—the most supportive and healing energy in the universe. Love pervades consciousness itself. It is the connection between everyone and everything around us in this physical reality and in endless other realities. Open your heart: love will guide you through the gateway of limitless possibilities to the many directions our future can take on planet Earth.

[For more information on IONS, the Association for Global New Thought, and the Prophets Conference, go to their Web sites at www.noetic.org, www.agnt.org, and www.greatmystery.org]

“Can You Hear Me Now?” (Summer/Fall 2004)

This advertising phrase is familiar to most of us. Perhaps when we hear it we visualize the little guy, phone to ear, walking around in different locations, some of them absurd, asking, “Can you hear me now?” It’s possible that those who have passed on from this physical journey are asking us the same question, especially if they desired to prove the survival of consciousness after death. If our intention is to listen, are we receiving the messages? Many of us ignore the messages because they usually don’t come in the form of words. However, the practice of awareness, love, and forgiveness assists us to be in sympathetic resonance with new and higher frequencies and to “hear” their messages.

In my decade at TMI, I have been the observer, the participant, and the cocreator of where we are today. Many people ask me if I am in communication with my father. It is always an interesting question that leads me to wonder what they mean by communication. By my definition, communication in the non-physical realms is not the same as it is in the physical. I feel that I am periodically in resonance with the frequency level my father visits from time to time, a level that some of you may call Focus 27. Many times we connect beyond that level, which I perceive as a much higher vibration. Everyone is capable of communicating with one who has died, but doing so is always a choice for both participants.

Many good friends have passed in the last ten years. My father decided to change residences on March 17, 1995, followed closely by Ed Carter, a close friend and supporter of TMI. From 1998 through 2001, Dave Wallis, revered friend and employee of TMI, Jim Greene, a precious friend and supporter who cocreated the *POSITIVE IMMUNITY PROGRAM*, Martin Warren, brilliant mind and early Explorer monitor in the lab, and my beloved mother made their transitions. Inspiring friend and colleague Elisabeth Kubler-Ross, the author of many books, notably *On Death and Dying*, and cocreator—with Bob Monroe—of the *GOING HOME*® series, Pauline Johnson, longtime OUTREACH Trainer and Professional Member, and Wink Franklin, former president of the Institute of Noetic Sciences (IONS), who was devoted to a vision of human evolution and the manifestation of higher consciousness, left this physical life in 2004.

My sister, Maria Monroe Whitehead, wrote the following description of after-death communication a year after our mother died:

“It had been a nice Saturday ... a cool, crisp harbinger of fall. I had just returned from the *LIFELINE*® program at The Monroe Institute and I was deeply grateful that our home, which had been directly in the path of Hurricane Floyd, had been spared the wrath. My sister, Laurie, was down for the weekend and we had spent most of the day planting shrubbery in memory of our mother, who had made her transition last December. It seemed an appropriate time to remember her because it was her birthday, September 18.

At sunset I decided to take my usual walk. I was feeling particularly good because my sister was visiting, my husband was returning from a business trip that evening, and I was still rather euphoric from the *LIFELINE*. As I was contemplating all of the good things the Universe had bestowed on me, I approached a cornfield and noticed a rainbow, or at least part of one. I turned full circle to find the remaining arc and noticed it appeared as if the rainbow was a parenthesis around the setting sun. I wondered what kind of cloud formation would cause this and then noticed a huge cloud in the shape of an angel with wings extended. I searched for the face and was amazed to see the exact likeness of my mother! I stopped dead in my tracks and stared incredulously for a moment before running the two miles home to tell Laurie.

In retrospect, I interpret this as a beautifully orchestrated form of communication. My mother was a brilliant artist, and I was fortunate to have inherited her talent. I can't think of a better way to attract another artist's attention than by displaying a beautiful rainbow of color. What could be more 'celestial' than to paint one's own portrait with the clouds?"

As Elton John says in his newest song, "Sometimes we find an answer in the sky."

Then there was my own recent experience following the passing of Wink Franklin. I went to sleep with the intent of contacting Wink. I thought since he was "new" over there, he could give me some valuable information to share in this article. I moved to Focus 27 and was guided to an unfamiliar area. Slowly Wink's "head" came into my vision. A white light resembling that seen in professional portraits surrounded him. He told me to remember the "Noetic Bet" (especially his part of it) and to remember the feeling I had the last time we met. He simply smiled and faded away. I woke up immediately and wrote down what I remembered.

The next morning, I immediately thought about the "Noetic Bet." I was sure I'd heard of it but couldn't remember the particulars. I did remember the feeling of love and gratitude I had after one of Wink's talks while giving him a hug. A part of his talk had resonated with me in a special way. He had spoken of sometimes feeling constrained about expressing his own personal views. As president of IONS, he felt it was difficult for people to separate his own views from his role as president. I understood that feeling, and hearing his words somehow gave me a sense of release.

Later I found the tape of Wink's talk at the 2003 IONS conference, "Awakening a Global Vision: Collective Wisdom and Spiritual Activism," held in Palm Springs, California. Its message turned out to be far more important than whether or not I had actually "contacted" Wink. After listening to the tape, I understood the meaning of his guidance. He had talked of the emergence of a global vision that would move humanity to the future. The "Noetic Bet" is a bet against the currently dominant paradigm. It contains "core noetic hypotheses" that assert (1) "Reality is more than merely physical"; (2) "Everything and everyone are interconnected"; and (3) "We are participants in our own evolution."

Then he had added “Wink’s addendum,” his personal expression: (4) “There is a divine plan or a divine evolution that is evolving all the time. There is a purpose, a direction, a divine order we are moving toward, both as humans and as a planet”; (5) “We can know that plan, but not all of it because it is not complete. It is still evolving, but we can get glimpses of it”; and (6) “In knowing that plan, Science, Spirituality and Personal Experience are windows in. The major virtues, truth, beauty and goodness, are windows into that plan.”

He spoke about a convergence of science and spirit in action and that a Global Vision based in values of spirituality leads to more justice and equity on a global level and of how important it was for us to have the courage to share deeply our inner journeys. When people share their personal stories of love and forgiveness, we enter into the subtle realms. The power and effectiveness come from going deep. The primary benefit is that through inner work, we get clarity. Clarity gives us glimpses into the divine plan.

In the process of writing this article, I have gained greater clarity about the importance of TMI. We have created a safe place where people open to each other and share their innermost thoughts and experiences; in turn they gain glimpses into their part and purpose within the evolving divine plan. Through the energy of unlimited love within the subtle realms, we all can move to a future that is compassionate, just, and builds on the insights and legacies of these departed souls mentioned above, as well as all of you who so generously support the work of TMI.

It seems to me that the following quote from *ULTIMATE JOURNEY* is a perfect summation:

There is no beginning, there is no end,
There is only change.
There is no teacher, there is no student,
There is only remembering.
There is no good, there is no evil,
There is only expression.
There is no union, there is no sharing,
There is only one.
There is no joy, there is no sadness,
There is only love.
There is no greater, there is no lesser,
There is only balance.
There is no stasis, there is no entropy,
There is only motion.
There is no wakefulness, there is no sleep,
There is only being.
There is no limit, there is no chance,
There is only a plan.

WE CAN HEAR YOU NOW!!

A “Thank You” and a Request from Laurie (*Winter/Spring 2005*)

I recently attended a meeting in Richmond to hear Hugh Gouldthorpe, author of *I’ve Always Looked Up to Giraffes*. He is a wonderful speaker who is creative and insightful about the principles that make a difference in both business and personal life. He explained how giraffes are able to reach things that other animals aren’t able to reach and noted their superior vision. In Africa, the giraffe is a symbol of friendship. They are also very caring and compassionate animals, which is obvious to anyone who looks into their eyes. Throughout the book, Gouldthorpe compares leaders to giraffes and provides insights into what to do in today’s world to be successful.

Gouldthorpe’s most important point is that it’s all about people. He refers to himself as the head cheerleader for his company. It is a team effort. No matter how good one person is, they can’t do it alone. It takes a team to build a dream. Put people first and let them know you care. Let people know that they make a difference—at work and in your personal life. Hugh says, “People are persuaded by reason but moved by emotion.” We all learn from each other, yet it is important to be ourselves. Our attitude, desire, and passion are the gifts we can give to others.

After hearing Hugh speak, I thought about all of you who are connected to TMI through membership, programs, or Hemi-Sync®. You are part of our team—our global TMI team. Each one of you makes a difference to those around you. You have helped TMI grow to where it is today and your dedication to our work is evident through your communications. We are proud to have you as a team player. So let’s get on the court of life and play!

We would like your feedback. What are we doing right? Where could we improve? How can we serve you better? We would like you to return the enclosed questionnaire at your earliest convenience. Please use additional paper if needed. As we cocreate the next ten years for TMI, you can be a part of the plan by participating and sharing your desires and visions for the future. Your feedback is very important to us, and we want to hear from you.

Thank you for your support, your love, and your dedication to The Monroe Institute.

The Freedom Route - Robert A. Monroe with Laurie Monroe (Winter/Spring 2005)

by Robert A. Monroe; introduction by Laurie Monroe

Through the years, many of you have asked if my father had written material other than what is in his books. He wrote the following while he was working on Ultimate Journey. Bob often talked to groups about obtaining a Different Overview (D/O), which is a systematic approach to knowing the essence of who you are. He referred to it as “The Freedom Route”—freedom from all constraints or limitations. Here Bob begins by defining “overview.”

Overview: This is how we perceive ourselves and the world in which we live. Your Overview is not exactly the same as mine, although we have much in common. Each is derived through experience and information gathered by personal communication, objectively and emotionally, within your own life pattern. It is a meld of knowns, love, beliefs, hopes, fears, emotions, animal drives, addictions, mystique, illusions, propriety, all interwoven into a pattern of personality that determines our individual thought and action. It is what we truly are, as against what others may think we are—and what we want them to think we are.

Each day your Overview changes, usually very slightly and uncontrolled. In your thinking and activities large and small Variables are encountered, many of them unnoticed. These are events that are usually unexpected and unplanned. The effect may be instantaneous or occur years later, spanning the gamut from bewilderment to joy.

A Different Overview (D/O) as identified herein is one of recognition and control. Perceive clearly the way things are, without the usual glitz and glitter. Make no measurement via the good and evil route but as constructive/destructive. Control means total direction of your own self, mentally, physically, and emotionally—you, not someone or something else.

The first step in the beginnings of a very real and different D/O that can alter your life constructively, whoever you are, is to start the conversion of any item—either an unknown, belief or hope—into a Known. The results are spectacular, especially from unknowns into Knowns. Remember, such conversion is applicable to and for you and no one else.

Building a D/O will immediately begin to cut down restricting fears and anxieties (fear’s little brother). The result is a kind of freedom you didn’t believe existed; yet it does.

Remember the equation:

UNKNOWNNS = FEARS

BELIEFS = UNKNOWNNS WITH PERHAPS SOME KNOWNNS

HOPES = UNKNOWNNS WITH NO KNOWN KNOWNNS = NO FEARS

Fear controls our lives. It makes us do and be in ways we don't like and don't want. It also keeps us from doing many things we want to do and be. But we don't. We're afraid of the possible consequences.

Change is the biggest generator of fear, the greatest source of unknowns. All human worries and wars are based upon change. We are afraid change will take away what we like, so we resist. We can't tolerate the way things are, so we try to speed up the rate of change as rebels or revolutionaries. Still, most of us go grimly through life doing the best we can, living with our fears and taking change as it comes. There seems no other choice. There is. A D/O—a calm, systematic conversion of personal unknowns into Knowns. Instigate and control as much change as you can, large or small.

Obviously, most of us go after our beliefs and hopes first because the emotional payoff is greatest. Some of these may take years to resolve. The problem lies in the rude fact that your growing D/O will demand that such be discarded as illusions if they cannot be reduced to Knowns. Still, if even one part becomes a small Known, your day is made.

However, convert one large unknown into a Known, and a thousand small beliefs and hopes are confirmed or discarded. That is why it seems important to go after the big Unknowns. This D/O system will help you perform *exactly* this seemingly impossible feat, not just once but many times, each one easier. The trick will be to recognize the results as you begin to exercise your new freedoms. They come very naturally. Why bother? You, and no one else, begin to positively direct and control your life—and in directions you never considered or even thought possible.

How to get started? Use your analytical/intellectual Self. That is the true key. Follow the systematic pattern laid down herein. First, get a notebook and begin your Baseline. You can be completely candid about what you put in it because it is For Your Eyes Only. On the first page, draw across the middle a Line of Demarcation (LD), like this:

LD _____ LD

Now take the position that above the line are UNKNOWNNS—the source of all your worries, fears, anxieties, hopes, and desires. Write them in. Below the LD list all of your KNOWNS, some of which may offer challenges or problems, but not fear. Just above the line yet penetrating it in part are the many beliefs and hopes that constantly distract or disturb your life pattern. Each contains both Knowns and Unknowns, in unequal percentages. Your LD will generally start like this:

UNKNOWNNS

Beliefs Hopes
LD _____ LD

KNOWNNS

Now, begin appropriate insertions on your personal chart—above or below the LD or splitting the LD—giving each a code word recognizable only to you and a Priority Number. You are then ready to begin the D/O Daily Change:

- 1) Each day, either morning or night, write up the following lists:
 - a) The A List—Place on this list everything about which you can do absolutely nothing.
 - b) The B List—Place here those items that currently preoccupy you, whatever they may be. Include those with priority numbers.
 - c) The C List—Place here those hopes and things you would like and enjoy but are not doing. Include any with Priority Numbers.
 - d) When you complete the lists, take the A List and tear it up, throw it away, burn it. For those items on the B List and C List do something, anything, no matter how small, in regard to each listing, even moving them in the direction of Knownns below the LD. It is rare that such can be done instantly. Even slight progress can be intensely rewarding.
- 2) Insert new unknownns, hopes, or beliefs as they come into your awareness and interest—and they certainly will!
- 3) Change priorities daily as you change.
- 4) Maintain and strengthen your foundation of Knownns.
- 5) After enough attempts satisfactory to you, delete as illusion from your chart any beliefs or hopes that cannot be made to move even slightly in the direction of Knownns below the LD.
- 6) Use the basic pattern: Prove it to yourself first of all, no one else is important. Once is interesting. Twice may be coincidence. Three times, it's a solid Known.
- 7) Conversely, there's nothing wrong in being stubborn. Don't give up too easily. Remember, the bigger the Known-to-be, the greater the personal reward (change).
- 8) Keep a diary, candid and in detail. It is the only way you can verify to yourself your progress in various areas.
- 9) A D/O is the only route to you becoming truly you. Keep this in mind each day.

Different Overview? It is based upon personal, individual truths, and it will indeed set you free. That is why it is sublabeled The Freedom Route. Sounds like work? It is, but the rewards, fun, and joy are so great you will soon forget the way you were. The earlier you start, the sooner they come. What will YOU become? That's your department!

One of the greatest tools for obtaining a D/O is Hemi-Sync®. If you have taken a program at TMI or have listened to Hemi-Sync exercises, you are already on the freedom route. The more you explore your inner self, the better you know yourself. The trick is to use what you learn in your explorations. How do you do this? You integrate your experiences into your daily life so

you can perform more constructively and have a greater understanding of your physical journey.

In today's world, it is so important that we maintain balance. Whether we do this through meditation, exercise, yoga, or simply experiencing the silence, balance enables us to acquire increased knowledge through direct experience. This is one reason why grounding is important for achieving greatly expanded states of awareness.

Thus, the goal of the Institute is to provide an environment in which you can explore and experience the essence of who you are and the knowledge that you are truly more than your physical body and personality. Through this knowledge, you will have a D/O and you will know the options awaiting you in the Here/Now as well as There.

Spirituality in Business (*Summer/Fall 2005*)

Many articles have been written on spirituality in business. I would like to share my views on this subject by describing how we work together at The Monroe Institute and Monroe Products.

When we think about how much time we spend with our fellow employees, we realize that a forty-hour workweek is approximately 50 percent of our waking hours. It is conceivable that we spend more time with our coworkers than with our families. It may not be the same “quality” of time, but nevertheless, in many cases it is the majority of our time. If this is true for you, how do you spend your time at work? Are you different at work than you are at home with family and loved ones? How are you “Being” with your coworkers and family and friends?

Spirituality as defined in the dictionary is “of the spirit or the soul as distinguished from the body or material matters” and “of, from, or concerned with the intellect, intellectual, consisting of spirit, not corporeal.” The mere definition implies that we are “more than our physical bodies.” So what is the “more than” and how do we open to that spiritual part of ourselves? More importantly, how do we live spiritually in our everyday lives, especially in the workplace?

The key is to look within ourselves for the awareness and the experience of spirit. Many methods facilitate such openings, and certainly the programs at The Monroe Institute offer one approach. Whatever method you choose, it is important to continually grow and learn more about “who” you really are. When we connect with the spirit within, we give meaning to the physical world and understand our place within it.

We can look within by listening to ourselves in others. People can hold up mirrors to us if we are willing to listen to them without judgment or emotion. By being truly open to “spirit” that speaks through others, I have learned the most about myself. There is always a subtle message for us if we are only open to hearing it.

Communication is another way to connect with spirit. Just as it is important to listen, it is also important to communicate without being protecting, controlling, or defending. The best communication comes from our core self, not from what we think we should say. There is a tendency to make our point of view the truth. In reality, each person’s truth is unique. Many times we feel like our description of events in our lives is the absolute truth; however, what is true for you is not necessarily true for others. Transformation occurs with the realization that another’s point of view can be as valid as your own. Acceptance does not mean agreement. It is simply an expression of respect.

Do you like your job? Are you doing what you want to be doing? Are you happy? We may not like many parts of our jobs, but those parts still have to be done. That’s also true in many other

things that we do. The key is passion. Are you living your passion? Do you share it? Do you let others know what you are passionate about and enroll them in participating in your passion?

My passion for animals is a good example. I am on the board of the Almost Home Pet Adoption Center, Nelson County SPCA, which is a no-kill adoption facility located just north of Lovington on Route 29. I involve as many people as possible to assist in any way they can to advance the mission/vision of the center. I talk about what we do, invite people to come and see the new dogs and cats, encourage generosity in their contributions, and show appreciation for the many volunteers who assist Bette Grahame, the founder. The basis of my communication is through creation—to create an awareness of passion for animals.

I have an equal passion for the work we do at the Institute and for the “team” of wonderful people who make it work. My attention is on listening, which provides an opening to create a positive environment for transformation. We all work together through accepting, servicing, and acknowledging each other. We place a high value on working together as a team in total cooperation and harmony. The following is from our company doctrine:

“COOPERATION — We agree to support one another, to honor and to respect ourselves and each other. We agree to be accountable, to stay in integrity, and to hold the highest regard for each other.”

I strive to foster communication in the workplace. If we communicate consistently, insignificant issues will disappear. The communication must be honest and without emotion. It is not difficult to get along with others if we work to understand our own way of being. Remember that we are mirrors to each other and once we comprehend that, our spirituality will shine. Five values can enable all of us to create a world that works for everyone. The first is compassion. Be compassionate for others—look at what it is like for someone to be with you. Are you caring? Do you really listen to what others are saying?

Second, be just. Always be equitable and impartial with others. Don’t assume your point of view is right. As I said before, there is no wrong or right. Their point of view is as valid as yours. Let go of your need to be right in a situation.

Third, live through sustainability. Participate in creating a sustainable environment. Be proactive in the workplace to enable the company to sustain itself. Offer new ideas that will help others perform to the best of their ability.

Fourth, take responsibility for your words and actions. Listen to what you are saying and how you are saying it. Be responsible for the outcome of your words and actions. Think before you speak and pause before you act. You can choose how you perceive a situation. Choose to be creative rather than reactive.

Fifth, be generous. Give of yourself and give up control. Giving is not just monetary, it is sharing yourself through listening and communicating and letting go of whatever holds you back from doing so. Spirit is giving something of value in return for that which is provided for you. Spirituality is generosity in action.

Take a moment to reflect upon the words you have just read. How do you feel? If you say to yourself, "I already knew that," that's great. If you say, "I will try this and see if it works," then you have opened the door for spirit to enter fully into your everyday life. Whatever you feel right now, the choice is yours to express yourself completely as a "spiritual being having a physical experience."

A Celebration for Robert A. Monroe (*Spring, 1996*)

In honor of the one-year anniversary of Robert Monroe's transition, his daughter, Laurie, brought TMI staff together for a celebration and meditation in memory of his life's work and the impact he had and continues to have on all our lives. The research lab was dedicated in his name and an oil portrait was unveiled. The following are some excerpts from Laurie's tribute to her father.

"We come together this day to celebrate and honor the life and the light that continues to flow through my father, and to celebrate the many ways he has touched our lives.

It has been a year since my father's transition and I want to thank you for the friendship, love, and support you have given me in this past year.

My father was a man of vision, a dreamer of dreams, a pioneer to so many people, and a light in our lives. The legacy he gave me was the undaunted vision he held that we are greater than our physical bodies, that we do survive physical death and that there really is no separateness. He encourages us to grow and continues to help us in moving forward through this life experience. He continues to remind us to keep the love for living forever present in all we do—here-now....

The most important thing I want to pass along to you, is that I know absolutely that my father is still very active, as is Nancy. Yes, you do survive physical death. My father's transition was easy. It was a decision of his Greater Self and was a conscious knowing. He has a definite purpose now and I invite you to explore that purpose with me as we continue to fulfill and expand his vision."

Communication Without Words (*Winter/Spring 2006*)

“Every single thing we learn, no matter how small or seemingly inconsequential, is of immense value There—beyond time/space.”—RAM

One of the most important things we learn in life is to communicate. From the time we are aware, we strive to communicate in any way we can. Our mothers even communicate with us before we are born, while we are comfortable and secure within the womb. When we are born into the physical world, we continue to refine our ability to communicate.

Some of our best teachers are animals. They come into our lives and adapt to our way of living and communicating. Many times we fail to notice that they are experts at nonverbal communication—masters of telepathy. If you have a pet, observe how it interacts with you and others. If you have more than one pet, who is the leader, who is assuming the alpha role? Notice how alpha pets project themselves. Watch their body language as well as their vocalizations. How do they convey messages to each other? What kind of communication commands respect?

By opening our minds and letting go of preconceptions, we can comprehend the value of animals' behavior and communication. If we related as they do, perhaps we would better understand our role in nature. Adopting our animal companions' strategies might make our spoken words clearer and more direct. Our communication would be forthright, simple, and to the point.

It has been said that dog is God spelled backward. There is some truth in that observation because dogs represent pure unconditional love. Their goal is to love us regardless of expectations. Those of you who have dogs understand that they are psychically connected to you. They know when you are happy, sad, frustrated, angry, or calm. Dogs may even “know” when you leave your office and get into your car to return home, according to studies done by biologist Rupert Sheldrake, PhD. He describes the phenomenon in *Dogs That Know When Their Owners Are Coming Home: And Other Unexplained Powers of Animals*.

Dogs can also “read” you and act accordingly, bringing you back to your center—to pure unconditional love. They accomplish this through a connection to us on a higher level, through the field of consciousness that surrounds all living things. How do they discover how to do that? This connection isn't taught. They simply have it. If this is true, then we apparently share that same connection with our pets and with all living things. The beauty is that since animals do not depend on words as humans do, they can understand life in its simplest form, without complication or misinterpretation.

Animals enter our lives as our partners and as bearers of unconditional love. It is important for us to acknowledge their gifts and to honor their wisdom. They remind us that we are part of the whole and not the whole itself. If we open our minds to what our animals can teach us, we will find it to be of immense value There.

The following is a quote from Patty Summers's book *Talking with the Animals*. She received this message from a dog that had died after a prolonged illness.

I hope that I did not leave your hearts empty, for you have filled mine. I did not doubt in your care for me. So why would you question yourselves? You showed me that love always exists. Love never dies. You were my teachers in this. You welcomed me as part of your family. What I offer you is the lesson I have come to learn: Love is a continual circle. Her [his former person's] love for me continued through you. I was able to share with you the love in my heart. You would honor me by allowing your love for me, and mine for you, to continue by sharing it with another. Love makes us complete. It is not who we share it with, but that we share it.

—Gee, a dog, through Patty Summers

Patty says, "The animals share that love is a circle, making all whole and complete—the understanding that we all are a part of one another, and that in giving to one, we give to one another."

I urge you to use the member CD—*Communicate with your Pet*—to connect with your special animal companion. The results may surprise you, and we would be honored if you would share them with us.

Please take time to enjoy the lessons of wisdom taught by all of your animal friends.

What If? (Summer/Fall 2006)

What if you knew you were going to die in exactly twelve months? What if you knew your child was going to die in six months? What if you knew you were going to win at lotto next week? What if you were promised a thousand dollars a week for the rest of your life? What if you decided to quit your job and move to the Amazonian jungle to study the flora and fauna of the rain forest? What if . . . ?

Attorneys use what-ifs to evaluate legal situations. To “win” a case, many possible outcomes must be evaluated and each scenario must be played out as if it were actually going to happen. Playing out each scene as it *could* unfold prepares them to defend or prosecute a case. A similar process can be usefully employed in one’s own life.

For example, someone diagnosed with cancer could use the same process. The what-ifs would be the myriad treatment options, the emotional ups and downs, and the possible treatment outcomes played out on the stage of your mind. Several friends have taken this approach, and one of my dearest friends and colleagues is currently confronting the what-if of cancer. In general, humans live in a world of what-if, and it isn’t easy. In that world the mind projects many dramatic scenes that hold us in thrall to our egos.

But looking beyond being human and remembering that you are a “spiritual being having a human experience” allows you to truly connect to your higher self. That part of you is constant and knows no ending. You do survive physical death, and your physical existence here is a beautiful and meaningful journey of your soul. No matter how great a challenge you face, there is always someone facing one that is greater. Examples abound, in America’s largest cities and around the world.

While writing these thoughts, I’m looking at a collage of pictures from my “other life” years ago in Orlando, Florida. I was in my prime with a great career, exceptional compensation, and many caring friends. The career was a natural, as it always has been for me. The most important part of my life, however, was the friends I cultivated and the connection we shared. That was a transition “time” for me because I was going through a divorce. My friends were there for me, as I was for them, and we always will be there for each other. Our connection never fades.

What if we all realized that every interaction we have makes a difference in the future of our world? Would you take steps to change something in your life that would catalyze a needed change—not just for the world but also for yourself? What if you could BE the spirit that you are and demonstrate that essence by action in the physical world? Would you take the chance to be “different” in order to make a difference? Are you willing to let go of the what-ifs in your

life and live in the flow? Are you willing to release control of your future and live in the moment by intuition? Only you can answer such questions.

Response to Member Feedback

In my recent member update, I spoke of the future and of the possibility of expanding the Nancy Penn Center. After listening to your feedback, we have decided for now to upgrade Nancy Penn by adding more “creature comforts” and accessories to each room. Perhaps there will be a theme for each room. Members will receive an outline of the proposed upgrade with the donation letter and can choose how to participate.

I extend a sincere “thank you” to everyone who has supported my endeavors to expand TMI. I invite each of you to be a part of TMI’s future and to participate in its growth. It is critically important to expand our outreach to everyone who is open to what TMI offers. One way to do this is through sponsoring tuition for a *GATEWAY VOYAGE*® participant. Another avenue could be donating to the general or research fund, a contribution that helps TMI to continue in perpetuity. What if everyone who has benefited from the TMI experience donated a minimum of \$500 per year for five years? That level of annual commitment would insure that TMI would continue to be here for others who are seeking to know that they are much more than their physical bodies. That knowledge sets you on the “freedom route” with a mandate to share your knowledge with those who will follow you. Please start the New Year by gifting your loved ones with an opportunity to embrace a much more joyful, peaceful, and exhilarating way of being.

With gratitude ~ Laurie

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